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## Febrile Seizures

Seizures occur when the brain sends out abnormal electrical signals to the body. One common type of seizure in children is called a febrile seizure. These can occur when a child has a high fever, especially a fever that rises quickly. Pay close attention when your child gets a cold or fever and control it using children's acetaminophen (such as Tylenol). **DO NOT give a child aspirin.** These seizures happen most often when a child is sick with an illness, such as an infection, cold, or chickenpox. Though they can be very scary for parents and caregivers, febrile seizures are usually brief and rarely cause problems.

### Symptoms of a Febrile Seizure

Febrile seizures can last for anywhere between a few seconds and many minutes. They often occur in children with a fever of 102°F or more. The following are the most common signs of febrile seizures:

- Convulsions (jerking of muscles)
- Loss of consciousness
- Biting of cheek or tongue
- Clenched teeth or jaw
- Loss of bladder or bowel control
- Change in breathing pattern



**Report a febrile seizure to your child's doctor.**

After the seizure is over, children often feel sleepy or confused. They may have a headache. And they may have no memory of the seizure.

### What to Do If Your Child Has a Seizure

If your child shows signs of having a febrile seizure:

- Stay calm.
- Make sure the child is breathing.
- Roll the child onto his or her side.
- Remove any nearby objects that the child might hit.
- Loosen any clothing around the child's head and neck.
- Remain with the child until the seizure is over.

Call your doctor and report the seizure. Be able to describe what happened before, during, and after the seizure.

### What Not to Do During a Seizure

- **Do not** try to restrain the child's movements.
- **Do not** put anything in the child's mouth.
- **Do not** give the child anything to eat or drink until he or she is awake and alert.

### Call 911 or go to the emergency room if your child:

- Has a fever over 104°F.
- Has a seizure for the first time.