

Febrile seizure

Introduction

You have heard from the doctor/paediatrician that your child had a febrile seizure. You can read about what that means and what you can do in this leaflet.

What is a febrile seizure?

A febrile seizure is caused by the rapid rise of body temperature. As a result, your child's arms and legs twitch and he/she has difficulty swallowing and breathing. Children are often also not communicative. A febrile seizure is quite common in children up to about 5 years old. An attack of convulsions with fever usually lasts a few minutes to a quarter of an hour. Many parents find it frightening to see their child in this way and worry about the consequences of febrile seizures. That is understandable, but in 95% of the cases, a child will recover quickly. In the remaining 5% an underlying illness is sometimes found. If there is a suspicion of an underlying illness, the paediatrician will examine your child further.

What can you do for a fever?

- Do not dress your child too warmly.
- Do not use blankets, only a sheet is sufficient.
- Wash your child with lukewarm water so that he/she cools down.
- Make sure your child drinks a lot.

If your child has a febrile seizure

- Take measures as described above.
- Try to stay calm.
- Lie your child on his/her side or stomach on a pillow. Not on the back, it could cause choking if vomiting occurs.
- Call the family doctor.
- If the doctor cannot come, call 112.

Approximately 1 in 3 children will suffer another attack in a subsequent fever period. If your child suffers from febrile seizures on a regular basis, then the attending doctor can arrange medication or refer you to the specialist.

Questions or problems

If you have any questions after returning home or have unexpected symptoms, you can call the Emergency Department between 08:00 and 22:00, telephone number 020 - 755 6560.

Outside of these hours, you can call the VUmc Emergency Department.

You may also contact your family doctor with any questions.

Notes on this leaflet

If any information in this leaflet is unclear or incomplete, please notify us. You can share your remarks with us via voorlichting@zha.nl.