

# **FEBRILE SEIZURE – ONE PAGE QUICK GUIDE (For Parents & Caregivers)**

## **What is a Febrile Seizure?**

A seizure that happens when a child develops fever suddenly. They look scary but are usually harmless and stop on their own.

## **FIRST AID – THREE SIMPLE STEPS**

### **1) STAY – Stay Calm & With the Child**

- Stay beside the child and stay calm.
- Start timing the seizure.
- Call emergency services if needed.

### **2) SAFE – Keep the Child Safe**

- Move dangerous objects away.
- Loosen tight clothing around the neck.
- Do NOT hold the child down.
- Place something soft under their head if available.

### **3) SIDE – Turn the Child on Their Side**

- After movements stop, turn the child to recovery position to prevent choking.

## **DO NOT DURING A SEIZURE**

- Do NOT put anything in the mouth.
- Do NOT give fever medicine during the seizure.
- Do NOT shake the child or splash water.
- Do NOT restrain movements.

## **AFTER THE SEIZURE**

- Child may be confused or sleepy—normal.
- Give fever medicine only after fully awake.
- Note breathing, color, and seizure duration.

## **RED FLAGS – SEEK EMERGENCY CARE IF:**

- First-ever seizure.
- Seizure lasts >5 minutes.
- More than one seizure in 24 hours.
- Child not waking up normally.
- Breathing difficulty or blue discoloration.
- Seizure in water.

## **Important Reminder:**

Febrile seizures do NOT mean epilepsy. Most children will not have repeated seizures.