



## Febrile seizures

Some children who have a fever can experience a febrile seizure. It can be scary to see, but is most often not dangerous. The vast majority of children who have a febrile seizure only have it once. Some children can have more than one.

It is not really known why children have febrile seizures, but it is most often not a sign of anything dangerous. Febrile seizures occur in children between the ages of six months and five years. They are most common in children between 18 months and three years old. Sometimes even children younger or older can have febrile seizures, but this is uncommon.

### Symptoms

During a febrile seizure your child may experience the following symptoms:

- Losing consciousness
- Become stiff
- Have pale skin and can even turn a little blue
- Make jerking/twitching movements with their arms and legs
- Roll their eyes back

It can appear to be quite dramatic, but is most often not dangerous. The seizure usually stops after a few minutes, but can sometimes last longer. Afterwards, your child will be floppy and very tired, but usually will start to feel better quickly.

Even if a seizure only lasts a couple of minutes, it can feel like an eternity. It is usually a scary experience for those around the child, especially when it happens for the first time.

### *Happens when your child has an infection and fever*

Febrile seizures usually at the start of an infection, for example a common cold. Usually the seizure happens when the fever is over 38.5 degrees, especially if the fever has gone up quickly.

### When and where should I seek care?

You don't need to seek care if you recognise the seizure from a previous occasion, your child feels okay afterwards and you feel like you know what you should do.

Contact a *vårdcentral*/primary care clinic/GP if:

- Your child has had febrile seizures more than once, during different infections
- Your child has seizures in one arm, one leg, or just one side of their body
- The fever was lower than 38.5 degrees during several seizures

You don't need to go anywhere else if the vårdcentral is closed. You can wait until they open again.

### *In an emergency*

Ring 112 immediately if:

Barnet har ett pågående krampanfall för första gången.

- Your child is seizing/fitting right now for the first time
- Your child has several seizures within 24 hours
- Your child's seizure lasts longer than 5 minutes
- Your child doesn't regain consciousness within 5 minutes after the seizure

It's a good idea to write down how long the seizure was and what it looked like.

### *Your child can feel better if their fever goes down*

Trying to reduce the fever will not prevent a febrile seizure, and doesn't stop a seizure that has started. But your child will likely feel better if their fever is reduced. You can give your child fever reducing medicine when you get a chance. It won't have any effect during a seizure.

### *Tests and investigations*

A cause, other than a virus infection with fever, for the febrile seizure is often not found. So there is usually not a need to do any follow up tests or investigations.