

FEBRILE SEIZURE

EMERGENCY CARD

Febrile Seizures can be frightening, but they are usually **harmless** & do not cause long term damage

WHAT TO DO DURING A SEIZURE

1

STAY CALM

Most febrile seizures stop on their own within a few minutes

2

PLACE YOUR CHILD ON THEIR SIDE

This helps keep their airway clear and prevents choking.

3

REMOVE NEARBY OBJECTS

Protect them from injury.

4

DO NOT PUT ANYTHING IN THEIR MOUTH

This can cause harm.

5

TIME THE SEIZURE

Use your phone if possible.

6

LOOSEN TIGHT CLOTHING

Especially around the neck.

CALL 911 IMMEDIATELY IF:

The seizure lasts longer than **5 minutes**

Your child has **trouble breathing**

The seizure happens **more than once** in 24 hours

Your child **does not wake up or respond** after the seizure

AFTER THE SEIZURE

- Your child may be sleepy or confused
- This is normal - let them rest
- Contact your pediatrician

YOU ARE NOT ALONE.

With the right knowledge, you can help keep your child safe and feel more prepared.



SCAN TO LEARN MORE

Watch videos, read guides, and find helpful resources
feverwithoutfear.org