

About Your Ambulance Call

09/09

Your MedStar ambulance crew is providing this brochure because we are concerned about your health and safety. Please review this guide for information and advice regarding your condition or injury.

The assessment and treatment given to you may not provide all of the medical care required for your condition. Additional treatment at a hospital or by a doctor may be necessary to ensure your health and recovery. Get needed medical attention as soon as possible.

The advice and instructions contained in this brochure are not a substitute for definitive and comprehensive treatment. When needed, we encourage you to seek additional help by contacting your doctor or medical facility, going to the emergency room or contacting the ambulance again by calling 9-1-1.

If appropriate, inform your doctor that MedStar was called and provide the information the ambulance crew recorded on this brochure.

Date: _____ **Time:** _____

Notes by crew:

Febrile Seizures



Managing Care After Injury or Illness



Seizures in Children Caused by Fevers (Febrile)

Febrile seizures in children are fairly common, occurring most often in children younger than three years old. They are usually associated with a high fever caused by a bacterial or viral infection of the ears, nose and throat, or the stomach and intestines (the flu). For children who have febrile seizures, about 60 percent have only one seizure in their lifetime.

Most febrile seizures are isolated events, do not cause permanent harm, and do not require long term treatment.

The muscle contractions that occur with these seizures may last 3-5 minutes and can be upsetting for a parent or caretaker to witness.

Preventing Febrile Seizures in Children

To help reduce a fever that could lead to a febrile seizure:

- Avoid excessive clothing or blankets that will prevent body heat from escaping.
- **Do not sponge them with alcohol and do not give them aspirin.**

- Give the child a medication to reduce their fever, such as children's acetaminophen or ibuprofen (Tylenol™, Motrin™, Advil™). Use the dose recommended by your doctor or the instructions listed on the container.
- If they continue to feel very warm, consider sponging them **with lukewarm (not cold and do not submerge) water to help cool them down.**

What To Do If Your Child Has A Seizure

While there is nothing you can do to make the seizure stop, you can help your child remain safe during a seizure:

- Gently turn the child on their side to help keep the air passage clear and open.
- Do not put anything in the child's mouth and do not try to control any muscle contractions.
- Immediately request an ambulance by calling 9-1-1.
- Once the muscle rigidity or contractions stop, breathing should return to normal and the child may appear to be sleeping heavily for the next 10-20 minutes.
- It is recommended that all first times seizures not caused by a fever, seizures in children under 6 years old, or multiple seizures that occur over a short period of time, be evaluated by a doctor as soon as possible.