FIRST AID FACT SHEET

Febrile Convulsions

A Febrile Convulsion is a fit or a seizure that occurs in children aged six (6) months to six (6) years.

Convulsions in infants and children are quite common and usually brief lasting no more than 5 minutes.

Caused by
+ A rapid rise in body temperature to even 1.5°C above the norm (37.5°C) can cause convulsions.
+ Fever.
+ Infection.
+ Other conditions.

Signs & symptoms
+ Fever (can be as low as 38.5°C).
+ Muscle stiffening.
+ Twitching or limb jerking.
+ Eyes rolling upwards.
+ Blue tinge to face and lips.

What to do

During convulsion
1. Follow DRSABCD Action plan.
2. Place the child/infant on their side.
3. DO NOT restrain the child/infant.
4. Remove child’s excess clothing or wrapping to cool them down - DO NOT cool by sponging or bathing.

After convulsion
5. Follow DRSABCD St John Action Plan.
6. Place infant/child into the recovery position.
7. Rest and reassure.
8. Monitor and keep cool.
9. Seek medical aid.
10. If the casualty’s temperature rises again or another seizure follows – call Triple Zero (000) for an ambulance.