

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.



In a medical emergency
call **Triple Zero (000)**

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