

First Aid for Febrile Convulsions

WHAT IS A FEBRILE CONVULSION?

A febrile convulsion is a **seizure** or **fit** that can occur in infants or young children **during a fever**.



1

STEP-BY-STEP FIRST AID

Step 1 Stay Calm and Stay with the Child

Remain composed and offer reassurance. Stay by the child's side throughout the episode.



2

STEP-BY-STEP FIRST AID

Step 2 Protect from Injury

Move any objects away and ensure the child is in a safe area. Keep bystanders clear to allow space and privacy.



3

STEP-BY-STEP FIRST AID

Step 3 Loosen Clothing

If the child is wearing tight clothing, especially around the chest or neck, gently loosen or remove it from the waist up to assist breathing and cooling.



4

STEP-BY-STEP FIRST AID

Step 4 Observe and Time the Seizure

Note the **start time** and observe the **duration** of the convulsion. This information will be important for emergency responders or your GP.



5

STEP-BY-STEP FIRST AID

Step 5 Cool Down After the Convulsion

Once the seizure stops, place the child in the **recovery position**. Apply **cool, damp washcloths** to the neck and forehead. Sponge their body gently with **tepid water**—do not use cold water or ice.



6

STEP-BY-STEP FIRST AID

Step 6 Seek Medical Help If Required

Call **Triple Zero (000)** if:

- The seizure lasts **longer than 5 minutes**
- A **second convulsion** follows
- The child appears **drowsy, confused**, or unwell after the episode

