

First Aid: Febrile Seizures



What is a febrile seizure?

- Febrile seizures can occur when the normal pattern of electrical activity of the brain is disrupted.
- These seizures are triggered by a sudden change in your child's body temperature, usually associated with a fever.
- One in 30 children between the ages of 6 months and 6 years are likely to experience a febrile seizure as a result of a fever.
- Although they may be frightening to see, febrile seizures are usually harmless.
- Febrile seizures can sometimes be called febrile convulsions.



Febrile Seizures: First Aid

What does a febrile seizure look like?

- Child's body will stiffen and jerk around
- Loss of consciousness
- Eyes may roll backwards
- Symptoms don't last long
- Child may be drowsy after the seizure

First Aid:

- Remove any dangers and potential hazards to yourself or the child
- Place the child on a soft surface, laying on their side or back
- If possible, it is helpful to be able to describe the seizure to medical staff. If possible, film or record the seizure, and how long the seizure lasts for.
- Do not restrain the child during the seizure as this may cause secondary injury.
- After the seizure has stopped, place the child in the recovery position, provide reassurance, and continue to monitor them.

When should I ring Triple Zero (000) for an ambulance?

- If your child has not had a seizure before.
- The seizure lasts for more than 5 minutes.
- Your child appears very sick after the seizure has stopped.
- Your child does not wake up when the seizure has stopped.

More Information:

- Royal Children's Hospital (Kids Health Information Fact Sheets): www.rch.org.au
- Kidsafe Victoria: www.kidsafevic.com.au
- Learn these skills by booking into a first aid course: www.emergcare.com.au

