



CHILD SICKNESS

Danger Signals

Get help quickly from a doctor if your baby or young child shows any of the signs listed below. Learn CPR (rescue breathing) to be prepared for emergencies.



General

- Cannot be woken or is responding less than usual to what is going on around.
- Has glazed eyes and is not focusing on anything.
- Seems more floppy, drowsy or less alert than usual.
- Has a convulsion or fit.
- Has an unusual cry for one hour or more.
- Has been badly injured.
- There is a bulge in the groin which gets bigger with crying.



Temperature

- Feels too cold or hot (temperature is 38.3°C or higher).



Circulation and skin colour

- Body is much paler than usual or suddenly goes very white.
- Nails are blue, or big toe is completely white, or colour does not return to the toe within three seconds of a squeeze.
- Has a rash of large red or blue spots or bruising.
- Goes blue around the mouth.



Breathing

- Goes blue around the mouth or stops breathing.
- Breathes more quickly than normal or grunts when breathing out.
- Wheezes when breathing out.
- There is visible indrawing of the chest with each breath.



Vomiting and diarrhoea

- Has vomited at least half the feed after each of the last three feeds.
- Has green vomit.
- Has vomiting and diarrhoea together.
- Has drunk less fluid than usual.
- Has passed less urine than usual (fewer wet nappies).
- Has more than a tiny spot of blood in the nappy.

MEDIC ALERT

Allergies/Reactions:
(record here)

EMERGENCY NUMBERS:

National Poisons Centre 0800 764 766
Police/Fire/Ambulance 111

