SIGNS
spot severe illness in infants children & adolescents

SIGNS is for anyone caring for babies, infants, children or adolescents.

If you notice any of the SIGNS seek medical attention immediately.

Behaviour Change

Not reacting, not moving, not responding

to **loud noise**
to **touch**
to **being talked to**
to **food or drink**

no eye contact
not watching moving objects
staring
looking blank

unable to stay awake

Unusual movements, clumsy, slurred speech

seizure: repeated jerky movements of arms, legs, lips, or eyes

floppy: limp body, arms or legs

spasm: stiff body, arms or legs

speech: jumbled or unclear

slurred or jumbled words

Breathing Change

Difficult breathing

with each breath
ribcage sucks in
neck or belly pulls in

breathing is...
noisy when resting
very fast

it is **difficult to speak**
child says it's **hard to breathe**
is **out of breath**
cannot drink

Long pauses between breaths

~20 seconds between breaths

rubbing or shouting
needed so they take a breath

gasping breath after a pause

If you notice *any of these* SIGNS act <u>IMMEDIATELY</u>. Call 911. If in hospital, get help.

Fluid Loss

8 hours or more

not peeing
no wet diapers
not nursing or drinking
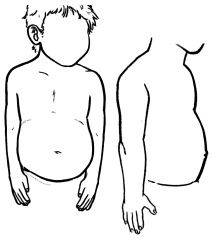
Vomit / throwing up

throwing up **every hour** for more than 4 hours

red or very dark/ black vomit

green or brown vomit *and* **belly that is bigger** than normal
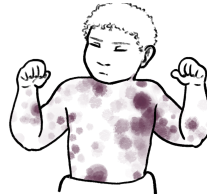
Poop / poo

red blood
medium amount (streaks) that keeps happening or large amount (blobs or more)
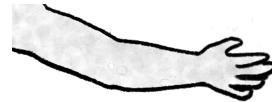
Skin Change

New skin tone or colour

blue lips / tongue
with crying, feeding or at rest

purple blotches or many small purple dots

gray / very pale / cold / blotchy
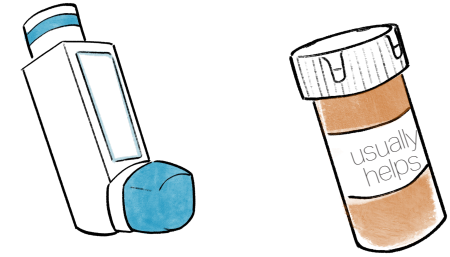
cold / clammy hands or feet

Infant less than one month old

yellow skin and eyes *and* **sleepy** not feeding

Not getting better with treatment

usually helps

If a known long-term health issue is not getting better with things that usually help

& any SIGNS are present:
Act immediately.
Get help.

These conditions include asthma, seizure disorders, diabetes and many others.

For more information

If you notice *any of these* SIGNS act <u>IMMEDIATELY</u>. Call 911. If in hospital, get help.