

Danger Signs

Baby and Child Sickness



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



General

- Cannot be woken or is responding less than usual to what is going on around them.
- 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 (high pitched, weak or continuous) for one hour or more.
- Has severe abdominal pain.
- Has a bulge in the groin that gets bigger with crying.
- Young babies (less than 3 months old) need a more cautious approach. If your child is under 3 months old and you are worried about them, take them to your doctor. Trust your instinct.



Temperature

- Feels too cold or hot (temperature below 35°C or above 38.5°C).

Skin colour and circulation

- Blue colour develops around the mouth.
- A rash develops with reddish-purple spots or bruises.
- Skin is much paler than usual or suddenly goes very white.



Breathing

- Struggles to breathe or stops breathing when resting or eating.
- Breathes more quickly than normal or grunts when breathing out.
- Wheezes when breathing out.
- Coughing that leads to vomiting.



Vomiting and diarrhoea

- Has vomited up at least half of their feed (food or milk) after each of the last three feeds.
- Vomit is green.
- Has both vomiting and diarrhoea.
- Has drunk less fluid and has fewer wet nappies or visits to the toilet than usual.
- Has blood in their poo.



Emergency Numbers

Ambulance/Fire/Police
111

National Poisons Centre
0800 764 766

Healthline
0800 611 116