



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

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

gasp breath after a pause

If you notice *any* of these SIGNS act **IMMEDIATELY**. 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



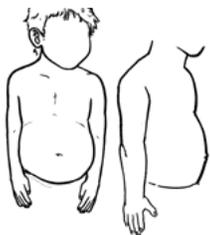
throwing up **every hour**
for more than 4 hours



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

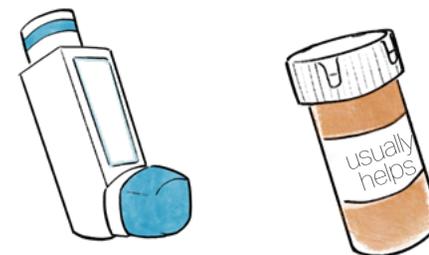
Infant less than one month old



yellow skin and
eyes *and* sleepy
not feeding



Not getting better with treatment



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**



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