If you notice any of these SIGNS act IMMEDIATELY. Call 911. If in hospital, get help.

**SIGNS**

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
  - gasping 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

**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