



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

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

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

Breathing is...

- noisy when resting
- very fast

Long pauses between breaths

- ~20 seconds between breaths
- rubbing or shouting needed so they take a breath
- gasping breath after a pause



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

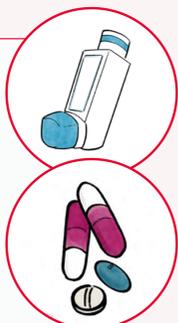
- red blood medium amount (streaks) that keeps happening or large amount (blobs or more)



Not getting better with treatment

If a known long-term health issue is not getting better with things that usually help, and any SIGNS are present, act immediately. Get help.

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



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



For more information, visit www.HealthcareExcellence.ca/Signs

