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

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
<table>
<thead>
<tr>
<th>Fluid Loss</th>
<th>Skin Change</th>
<th>Not getting better with treatment</th>
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</table>
| **8 hours or more**
not peeing
no wet diapers
not nursing or drinking | **New skin tone or colour**
blue lips / tongue
with crying, feeding or at rest | **If a known long-term health issue is not getting better with things that usually help**
& any SIGNS are present:
Act immediately.
Get help. |
| **Vomit / throwing up**
throwing up every hour
for more than 4 hours | **purple blotches or many small purple dots**
green or brown vomit and belly that is bigger than normal | These conditions include asthma, seizure disorders, diabetes and many others. |
| **Poop / poo**
red blood
medium amount (streaks) that keeps happening or large amount (blobs or more) | **cold / clammy hands or feet**
Infant less than one month old | For more information |
| **Not getting better with treatment**
If you notice *any of these* SIGNS act IMMEDIATELY. Call 911. If in hospital, get help. | **yellow skin and eyes and sleepy not feeding** |

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