

RECOGNISING SERIOUS ILLNESS

How can I tell if my baby is sick?

Parents are the best at knowing when their baby just doesn't seem to be acting the same. Some premature infants are more susceptible to colds or respiratory infections. Babies can become dehydrated (loss of fluids and nutrients) quickly in comparison to older children and adults. A change in your baby's response or behaviour could be a sign that your baby is sick. These include:

- ☐ Change in your baby's breathing pattern
- ☐ Your baby stopping breathing for more than 15 seconds
- ☐ Excessive crying or irritability
- ☐ Change in feeding pattern or your baby will not feed
- ☐ Difficult to wake up or not as active as usual - lethargy
- ☐ Coughing, not associated with feeding
- ☐ Vomiting all or most of his/her feeds or vomiting green fluid
- ☐ Less than 4 wet nappies over 24 hours
- ☐ Blue or pale coloured skin
- ☐ Fever
- ☐ Convulsions
- ☐ Rash

The more of these signs and symptoms present the higher the risk of serious illness.

Don't hesitate to call your GP, Paediatrician or Health First (6207 7777)

How do I take my baby's temperature?

You can take your baby's temperature under his/her arm or by using an ear thermometer. **Oral temperatures should not be taken with babies.**

When taking the temperature under the arm, place the tip of the thermometer under the armpit making sure that it is in contact with both the skin on the arm and the skin of the chest. Hold the arm down next to the side of the chest keeping the thermometer under the arm. Keep in place until the thermometer beeps. If using an ear thermometer follow the manufacturer's directions.