

Danger Signs

Baby and Child Sickiness

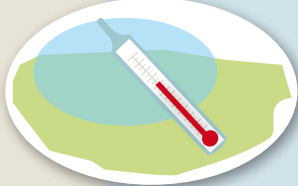


Get help quickly from a doctor if your baby or young child shows any of the signs listed below. Learn CPR (rescue breathing) to be prepared for emergencies.



General

- Cannot be woken or is responding less than usual to what is going on around.
- Has glazed eyes and is not focusing on anything.
- Seems more floppy, drowsy or less alert than usual.
- Has a convulsion or fit.
- Has an unusual cry (high pitched, weak or continuous) for one hour or more.
- Has severe abdominal pain.
- Has a bulge in the groin that gets bigger with crying.



Temperature

- Feels too cold or hot (temperature below 35°C or above 38.5°C).



Skin colour and circulation

- Skin is much paler than usual or suddenly goes very white.
- Nails are blue, or big toe is completely white or mottled or colour does not return to the toe within three seconds of a squeeze.
- Blue colour develops around the mouth.
- A rash develops with reddish-purple spots or bruises.



Breathing

- Struggles to breathe or stops breathing.
- Breathes more quickly than normal or grunts when breathing out.
- Wheezes when breathing out.



Vomiting and diarrhoea

- Has vomited up at least half of their feed (food or milk) after each of the last three feeds.
- Vomit is green.
- Has both vomiting and diarrhoea.
- Has drunk less fluid and has fewer wet nappies or visits to the toilet than usual.
- Has blood in their poo.

**Emergency
Numbers:**

**Ambulance/Fire/Police
National Poisons Centre
Healthline**

**111
0800 764 766
0800 611 116**

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Ngā Tohu Whakatūpato

Ngā Matenga Tamaiti, Pēpi hoki

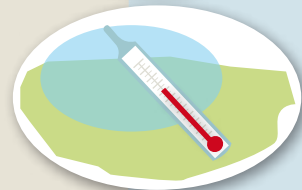


Kia tere tonu te tiki āwhina i te tākuta mēnā e whakaatu ana tō pēpi, tamaiti rānei i tētahi o ngā tohu ki raro iho nei. Ākona te CPR (te whakaora manawa) kia reri ai koe i ngā wā ohotata.



Ngā tohu whānui

- Tē taea te whakaoho, kua kore rānei e tino aro atu ki ngā oreoretanga.
- Kua pao ngā karu, kua kore e āta kite.
- Kua memeha te tinana, kua pōuruuru, kua kore rānei e mataara.
- Kua pāngia e te hukihuki.
- Kua rerekē te āhua o te tangi (teitei te rangi, ngoikore, tē mutu rānei) mō te kotahi hāora, neke atu rānei.
- Kua tino mamae te puku.
- Kua kōpuku te tapatapa e rahi haere ana i a ia e tangi ana.



Te ine mahana

- Kua makariri rawa ia, he kirikā tōna rānei (kei raro tōna pāmahana i te 35°C, kua neke atu rānei i te 38.5°C).



Te tae o te kiri me te rerenga toto

- Kua taitea ake te kiri, kua ohorete rānei te whakateatea.
- Kua kikorangi ngā maikuku, kua taitea, kua tāingoingo rānei te kōnui waewae, kua kore rānei te tae o te kōnui waewae e hoki mai i raro i te toru hēkona ina kutia.
- Kua kikorangi te waha.
- Ka tipu he kōpukupuku me ngā tūtutupō, marū ranei āhua whero-waiporoporo.



Te hā

- He uaua māna te kimi hā, kua tāputia rānei te hā.
- Kua tere ake te hā, ka horu rānei ina tukua te hā.
- Ka ngoio ina tukua te hā.



Te ruaki me te torohī

- Kua ruakina te nuinga o ngā kai (he kai, he mīraka rānei) i muri iho i ngā kai e toru kua hipa tata nei.
- He kākāriki te ruaki.
- He ruaki, he torohī hoki tōna.
- Kua iti iho te inuina, kua iti iho hoki ngā kope mākū, kua ruarua iho rānei ngā haerenga ki te wharepaku.
- He toto ki rō te tiko.

**Ngā Waea
Ohorere:**

**Waka Tūroro/Patuahi/Pirihimana
National Poisons Centre
Healthline**

**111
0800 764 766
0800 611 116**

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