

# 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.
- Young babies (less than 3 months old) need a more cautious approach. If your child is under 3 months old and you are worried about them, take them to your doctor. Trust your instinct.

### Temperature

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

### Skin colour and circulation

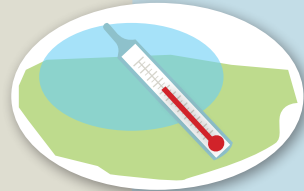
- Blue colour develops around the mouth.
- A rash develops with reddish-purple spots or bruises.
- Skin is much paler than usual or suddenly goes very white.

### 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: 111**  
**National Poisons Centre: 0800 764 766**  
**Healthline: 0800 611 716**

# Ngā Tohu Whakatūpato

## Ngā Matenga Tamaiti, Pēpi hoki

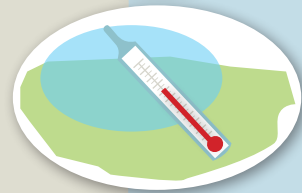


**Kia tere tonu te tiki āwhina i te tākuta mēnā e whakaatu ana tō pēpi, tamaiti rānei i tētahi o ngā tohu ki raro iho nei. Ākona te CPR (te whakaora manawa) kia reri ai koe i ngā wā ohotata.**



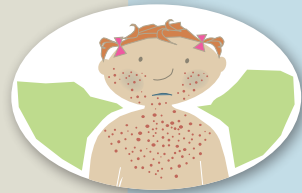
### Ngā tohu whānui

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



### 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 tāta 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: 111**  
**National Poisons Centre: 0800 764 766**  
**Healthline: 0800 611 116**