

# Danger Signs

## Baby and Child Sickness

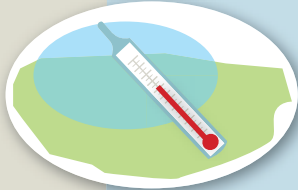


Get help quickly from a doctor if your baby or young child shows any of the signs listed below. Learn CPR (rescue breathing) to be prepared for emergencies.



### 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).



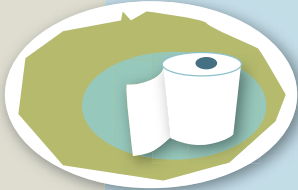
### Skin colour and circulation

- 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 – it's especially important if the spots or bruises don't disappear when you press a glass onto them.



### 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

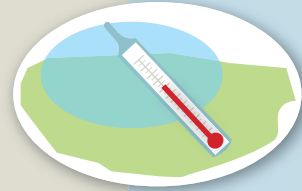


**Kia tere tonu te tiki āwhina i te tākuta mēnā e whakaatu ana tō pēpi, tamaiti rānei i tētahi o ngā tohu ki raro iho nei. Ākona te CPR (te whakaora manawa) kia reri ai koe i ngā wā ohotata.**



### Ngā tohu whānui

- Tē taetae 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).



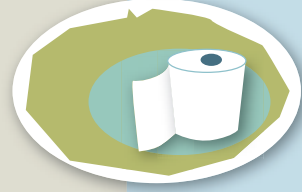
### Te tae o te kiri me te rerenga toto

- 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 – he mea nui hoki mēnā kāore e kore atu ina pēhia mā tētahi karāhe.



### Te hā

- He uua 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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