

Please use this leaflet if you are concerned about your child's symptoms, especially if their illness seems different to any previous illness they've had, or if they are 'just not right' (even if their temperature falls).

This information will help you monitor you child's condition so you know:

- When to ask for help
- Where to go
- How to describe the symptoms



AMBER symptoms

Some (but not all) children with these symptoms are seriously unwell.

Ask for an assessment **TODAY** from a trained health professional.

Contact your GP Surgery, call NHS 111, or go to your local Walk-in Centre or Minor Injury Unit.

Temperature

- Raised temperature (more than 37.5°C) for five days or more
- Shivering or shaking

Breathing

- Nostrils change size with each breath
- Breathing that's noisy or sounds 'crackly'
- Cough that sounds like a seal barking

Skin, Lips & Tongue

- Unusually pale skin
- Dry mouth, lips and/or tongue

Eating & Drinking

- Baby who is not feeding (taking less than half their usual amount of milk)
- Eating much less than normal
- Has vomited (been sick) more than twice in the last 24 hours

Toilet/Nappies

- More than five watery poos (diarrhoea) in the last 24 hours in babies younger than one year of age
- Only one wee and wet nappy in eight hours

Activity & Body

- Less interested than usual in playing
- Difficult to wake up or unusually sleepy
- Swelling of a limb or joint
- Not using/putting weight on an arm, leg, hand or foot

It's sometimes hard to be sure about particular signs and symptoms. If you feel that your child may be seriously ill, or if something that concerns you is not on these lists, contact your GP surgery, NHS 111 or dial 999 according to your level of concern.

RED symptoms

Many (but not all) children with these symptoms are seriously unwell.

TAKE IMMEDIATE ACTION. DIAL 999 STRAIGHT AWAY. DON'T DELAY.

Temperature

- Temperature over 38°C in babies under three months
- Temperature over 39°C in babies aged three to six months
- Any high temperature in a child who cannot be encouraged to show interest in anything
- Low temperature (below 36°C, check three times in a 10 minute period)

Breathing

- Finding it much harder to breathe than normal – looks like hard work
- Making 'grunting' noises with every breath (in newborns this may sound like a lamb bleating)
- Very fast breathing (more than one breath each second in babies)
- Can't say more than a few words at once (for older children who normally talk)
- Breathing that obviously 'pauses'

Skin, Lips & Tongue

- Skin is blue, mottled (purplish, red) or very pale
- Lips or tongue are bluish
- Eyes look 'sunken'
- Hands and feet are unusually cold to touch
- Rash that does not fade when pressed firmly (use a clear glass)

Eating & Drinking

- New baby under one month old with no interest in feeding
- Not drinking for more than eight hours (when awake)
- Extremely thirsty
- Unable to keep fluids down
- Persistently vomiting for more than 24 hours
- Bile-stained (green), bloody or black vomit/sick

Toilet/Nappies

- Not had a wee or wet nappy for 12 hours

Activity & Body

- Soft spot on a baby's head is bulging
- Child cannot be encouraged to show interest in anything
- Baby is floppy
- Weak, 'whining' or continuous crying in young a child
- Older child who's confused
- Not responding or very irritable
- Hard to wake up, won't stay awake or doesn't seem to recognise you
- Stiff neck, especially when trying to look up and down

IF YOUR CHILD HAS:

AMBER
symptoms

**ASK FOR
MEDICAL ADVICE**

RED
symptoms

**GET YOUR CHILD TO
HOSPITAL QUICKLY**

**Dial 999 for an ambulance
if necessary**

This information is derived, with permission, from the SAM leaflet produced by NHS England (South West) following the death of three-year-old Sam Morrish in December 2010 to improve recognition of sepsis in children. Contributors include paediatricians, sepsis experts, nurses, GPs and parents of children who've had sepsis.

The UK Sepsis Trust is here to support you.

Helpline **0800 389 6255**
info@sepsistrust.org or
www.sepsistrust.org

**Protect your child's health.
Think sepsis.**



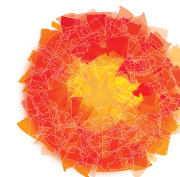
This information relates to the law and procedures in England and Wales. All information included within this booklet is correct at time of print, May 2016.

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Spotting sepsis
and serious illness
in children



**THE UK
SEPSIS
TRUST**