How to know when your baby is sick

Most parents worry about their baby being sick and not knowing it. The big question is when to call or go to the health care provider. The best rule is to call your provider immediately if your baby looks or acts differently. It will help if you can tell specifically what is different. The following are suggestions of what you might want to look for. Check off the ones you've seen and share this information with your health care provider.

MOVEMENTS
[] Normal
[] Quiet
[] Restless
[] Not Able to Move
[] Twitching
[] Stiff
[] Stumbling

EYES
[] Red
[] Watery
[] Swollen

VOMIT
[] Most Feedings
[] With Unusual Force
[] Between Feedings
[] Blood
[] Clear
[] Mucus

BEHAVIOR
[] Crying, Whimpering
   without Stopping
[] Screaming
[] Head Rolling
[] Grabbing at Body
[] Irritability

EARS
[] Pulling at Ears
[] Blood
[] Clear Fluid
[] Pus

STOOL
[] Loose, Watery
[] Color _____
[] Odor
[] Number _____

SLEEP
[] Unusual Drowsiness
[] Difficult to Awaken
[] Won't Go to Sleep

NOSE
[] Clear Mucus
[] Yellow Mucus
[] Green Mucus
[] Bleeding that You
   Can't Stop

URINE
[] Dark Yellow
[] Less Than Five Soaked
   Diapers
[] Blood
[] Odor

SKIN
[] Hot
[] Dry
[] Red
[] Sweaty
[] Pale
[] Blue
[] Rash

BREATHING
[] Coughing
[] Wheezing
[] Noisy
[] Choking
[] Fast
[] Slow
[] Shallow
[] Not Breathing

APPETITE
[] Not Eating
[] Skipped Feedings
[] Eating Much More
   Than Usual

Baby's Temperature: _____
Are others in the house sick? _____
What are their symptoms? _____
Adapted from Bernard, K. NSTEP-P

For more information contact Guilford County Department of Health and Human Services, Division of Public Health at (336) 641-7777 or www.myguilford.com