



## RED (High Risk: Take Action)

Some children with these features are seriously unwell. If your child has 1 or more of the RED symptoms below they need to be assessed straight away in an Emergency Department (A&E). Dial '999' for an ambulance if necessary.

### Temperature

- Temperature over 38°C in babies under 3 months
- Low temperature (below 36°C, check 3 times in a 10 minute period)

### Breathing

- Finding it much harder to breathe than normal – looks like they are working hard
- 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 under 1 year)
- Can't say more than a few words at once (for older children who normally talk)
- Breathing that obviously 'pauses'

### Skin, Lips and 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 and Drinking

- Baby under 1 month old with no interest in feeding
- Not drinking for more than 8 hours (when awake)
- Extremely thirsty or unable to keep fluids down
- Persistently vomiting for more than 24 hours
- Bloody, black or brown vomit/sick

### Toilet/Nappies

- Not had a wee or wet nappy for 12 hours

### Activity and Body

- Soft spot on a baby's head is bulging
- Child is floppy
- Not responding to family or carers, or irritable
- Weak, 'high pitched' or continuous crying in a younger child
- 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
- Older children who are confused
- The child has a seizure (a fit)

**RED**  
Take child to the  
Emergency  
Department  
(A&E). Dial '999'  
if necessary

## AMBER (Medium Risk: Ask for Advice)

Some children with these symptoms are seriously unwell and need to be assessed by a health professional promptly. If your child has 1 or more of the AMBER symptoms below contact your GP, NHS 111 or walk-in centre promptly.

### Temperature

- Raised temperature (more than 37.5°C) for 5 days or more
- Temperature over 39°C in babies aged 3 to 6 months
- Shivering or shaking

### Breathing

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

### Skin, Lips & Tongue

- Unusually pale skin
- Dry mouth, lips and/or tongue
- Rash that fades when pressed firmly (use a clear glass)

### Eating & Drinking

- Baby under 1 year who is not feeding (or taking less than half their usual amount of milk)
- Feeding or eating much less than normal
- Has vomited (been sick) more than twice in the last 24 hours
- Under 1 year old with vomiting and /or diarrhoea

### Toilet/Nappies

- Under 1 year old with more than 5 watery poos (diarrhoea) in the last 24 hours
- Only one wee or wet nappy in eight hours

### Activity & Body

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

**AMBER**  
Contact GP  
Practice, Walk-in  
Centre or call  
'111'

## GREEN (Low Risk: Self Care Advice)

If none of the above factors are present, use the advice overleaf to provide the care your child needs at home. 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 or 111 for advice.**