

SPOTTING INFECTIONS IN BABIES

It can be difficult to tell when your baby has an infection, as infections can cause lots of different signs and symptoms and babies can't say how they feel. It is important to trust your instincts and, if you feel that something is 'not quite right' with your baby, seek help from your midwife, health visitor, GP, NHS 111 or visit an emergency department if you are very worried.



These are some important **signs and symptoms** to look for that might mean your baby has an **infection**:

If your baby...



is difficult to wake



appears floppy



is irritable and will not settle



has a mottled or blotchy appearance



has difficulty breathing, is breathing fast or noisily, is 'sucking in' under their ribs or is grunting or wheezing



has a rash, or sores/blisters on the skin, eye or inside the mouth, or around their tummy button



has a high or low temperature (above 38° or below 36°), or their body is cold to the touch



has a high-pitched or abnormal cry

...they might have a serious infection

You should also keep an eye on your baby's wet nappies and feeding and speak to a health professional if they have had fewer than 2-3 wet nappies in a 24-hour period.

Remember, you know your baby best so you are well placed to notice if there are changes in their wellbeing or behaviour. It is important to get help if you are concerned that your baby might have an infection.