

# Spotting infections in babies

Produced in consultation with The British Paediatric Allergy, Immunity and Infection Group, an affiliated speciality group of the Royal College of Paediatrics and Child Health (RCPCH).



It can be difficult to tell when your baby has an infection, as babies can't say how they feel.

## Signs of infections in babies:



**Difficult to wake**



**Appear floppy**



**Irritable and won't settle**



**Mottled or blotchy appearance**



**Difficulty breathing**

or breathing in an unusual way, such as: fast, noisily, 'sucking in' under the ribs, grunting or wheezing



**Rash, sores or blisters**

on their skin, eyes, inside their mouth or around their tummy button



**High or low temperature**

above 38°C or below 36°C, or their body is cold to the touch



**High-pitched or abnormal cry**

Fewer than 2-3 wet nappies in 24 hours

Remember, you know your baby best and health professionals will never think you are a nuisance. Trust your instincts. If you think your baby may have an infection, contact your midwife, health visitor, GP or NHS 111. If you're very worried, go to an emergency department.

Our free Baby Check app can help you decide if your baby needs to see a health professional. Download on Google Play or Apple App Store.

# Key information to tell your health professional



If you think your baby might have an infection, it's important to tell the health professional caring for your baby if:

- You had any **illnesses during pregnancy**, such as flu-like symptoms.
- You or your baby **tested positive for Group B Strep**.
- You **missed any routine vaccinations in pregnancy**, such as influenza or pertussis.
- You **developed chicken pox seven days before or after your baby's birth**, or someone else with chicken pox has been in contact with your baby.
- You or anyone that has **met your baby has an active cold sore**.
- You are **breastfeeding and have blisters or a rash on your breast/nipple**.
- You have ever had a **genital herpes infection**, even if you don't currently have symptoms.
- You have **had sexual contact with a new partner during pregnancy**, particularly in the third trimester.
- You experienced **symptoms of a sexually transmitted disease during pregnancy**.
- You **travelled overseas during pregnancy**.

Having this information can help health professionals treat your baby. Always tell them, even if they don't ask.

## T·H·A·N·K·S

Think Hands And No Kisses

Always remember to:



Wash your hands before touching a baby



Only kiss a new baby if you are their parent or main carer