

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 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

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.

...they might have a serious infection

Key information to tell your health professional



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If you think your baby might have an infection, it is important that health professionals have all the information they need to help them treat your baby. You need to let them know if any of the following apply to you:

If you had **any illnesses during pregnancy**, such as flu-like symptoms

If you or your baby have **tested positive for Group B Strep**

If you **missed any routine vaccinations in pregnancy**, such as COVID-19, influenza or pertussis vaccines

If you developed **chicken pox** 7 days before or after your baby's birth or someone else with chicken pox has been in contact with your baby

If you, or anyone that has met your baby, has an **active cold sore**

If you are breastfeeding and have **blisters or a rash on your breast /nipple**

If you have ever had a **genital herpes infection**, even if you don't currently have symptoms

If you have had **sexual contact with a new partner during pregnancy**, particularly in the third trimester

If you experienced **symptoms of sexually transmitted disease** during pregnancy

If you **travelled overseas** during pregnancy

Make sure that you tell the health professionals caring for your baby if any of these apply to you, even if they don't ask.

Having this information may give them clues as to why your baby is unwell.

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

