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| <p style="writing-mode: vertical-rl; transform: rotate(180deg);">RED</p> <p style="writing-mode: vertical-rl; transform: rotate(180deg);">Rush to an Emergency Unit</p> | <p>Brain - Change in consciousness: becoming very drowsy / lethargic* / unconscious</p> <ul style="list-style-type: none"> - Convulsions lasting more than 5minutes* - Bulging fontanelle (soft spot on baby's head) associated with fever - Stiff neck associated with fever or a non-blanching rash* <p>Heart - Cyanosis*</p> <p>Lungs - Apnoea (No spontaneous breathing for longer than 20sec)</p> <ul style="list-style-type: none"> - Abnormal breathing: faster than 40-60 bpm* / slower than 15bpm* - Abnormal breathing sounds : wheezing* / stridor* <p>Stomach - Vomiting everything / Unable to eat or drink anything</p> <ul style="list-style-type: none"> - Green vomit / blood in vomit - Signs of dehydration* - Severely distended (like a balloon) stomach, extremely painful to touch <p>Trauma - Head injury with a loss of consciousness, repeated episodes of vomiting, any fluid running from the ears or nose, dark rings around the eyes.</p> <ul style="list-style-type: none"> - Burns of the hands / face, or any area bigger than one palm - Falls from a height - Any accidents involving a car - Profuse bleeding / bleeding that cannot be stopped in 15min - Fractures with visible bone - Deep lacerations / where the skin cannot easily be pulled close. <p>Anaphylaxis (any allergic reaction with the following signs)*</p> <ul style="list-style-type: none"> - Shortness of breath - Swelling of the lip / tongue - Change in level of consciousness <p>Sepsis*- Fevers with high heart rate, pale or grey appearance, cold hands and feet, any change in consciousness, weakness.</p> <ul style="list-style-type: none"> - Any fever in a baby under 3months |
| <p style="writing-mode: vertical-rl; transform: rotate(180deg);">YELLOW</p> <p style="writing-mode: vertical-rl; transform: rotate(180deg);">See GP or Ped within 1-2days</p> | <p>Brain - Fainting episodes</p> <ul style="list-style-type: none"> - Changes in behaviour / Confusion - First onset convulsions lasting less than 5min - Dizziness / weakness / change in vision / change in sensation - Severe, new onset headaches <p>Heart - Irregular heartbeat</p> <ul style="list-style-type: none"> - Chest pain with no other symptoms <p>Lungs – Abnormal breathing in a child older than 6months, but still able to cry or babble or talk.</p> <p>Stomach - Blood in stools</p> <ul style="list-style-type: none"> - Diarrhoea with high fevers <p>Trauma - Small / simple lacerations</p> <ul style="list-style-type: none"> - Suspected fractures |
| <p style="writing-mode: vertical-rl; transform: rotate(180deg);">GREEN</p> <p style="writing-mode: vertical-rl; transform: rotate(180deg);">Home care/ GP as convenient</p> | <p>Most other issues: flu, gastro, cough, rashes etc.</p> <p style="text-align: center;">POISONING</p> <p>PHONE your closest Poison centre (Tygerberg Poison Centre 0861 555 777) Or go straight to an Emergency Unit.</p> <ul style="list-style-type: none"> - Oral ingestion or skin-exposure to any medications or chemicals - Snake or Spider bites / Scorpion stings |