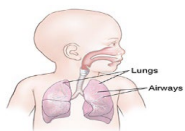


SIGNS OF RESPIRATORY DISTRESS IN CHILDREN



Children having trouble breathing often show signs that they are having to work hard to breathe or are not getting enough oxygen, indicating respiratory distress. **It is important to learn the signs of respiratory distress to know how to respond appropriately.** **LICENSED STAFF MUST RETURN PATIENT TO PULSE OX PRIOR TO LEAVING PATIENT.**

Below is a list of some of the signs that may indicate that your child is not getting enough oxygen:

BREATHING RATE An increase in the number of breaths per minute may mean that a person is having trouble breathing or not getting enough oxygen.	COLOR CHANGES A blueish color seen around the mouth, on the inside of the lips, or on the fingernails may happen when a person is not getting as much oxygen as needed. The skin color may also appear pale or gray.	GRUNTING A grunting sound can be heard each time the person exhales. This grunting is the body's way of trying to keep air in the lungs so they will stay open.	NASAL FLARING The openings of the nose spreading open while breathing may mean that a person is having to work harder to breathe.	RETRACTIONS The breast appears to sink in just below the neck and/or under the breastbone with each breathe; one way of trying to bring more air into the lungs.	SWEATING There may be increased sweat on the head, but the skin does not feel warm to the touch. More often, the skin may feel cool or clammy. This may happen when the breathing rate is very fast.
WHEEZING A tight, whistling or musical sound heard with each breath can mean that the air passages may be smaller, making it harder to breathe.	STRIDOR An inspiratory sound heard in the upper airway,	ASSESSORY MUSCLE USE The muscles of the neck appear to be moving when your child breathes in. This can also be seen under the rib cage or even the muscles between the ribs (Belly Breathing).	CHANGES IN ALTERNESS Low oxygen levels may cause your child to act very tired and may indicate respiratory fatigue.	BODY POSITION Low oxygen and trouble breathing may force your child to thrust his/her head backwards with the nose up in the air (especially if lying down). Or, your child may lean forward while sitting. A child automatically uses these positions as a last attempt to improve breathing.	INCREASED HEART RATE Low oxygen levels may cause an increase in heart rate.