Signs of Respiratory Distress in Your Infant / Lao

加快发展婴儿因呼吸道感染症状

如果您认为您的婴儿出现呼吸道感染症状，以下的婴儿“喘息”现象和症状可能表明存在呼吸道感染。

1. 婴儿会出现呼吸困难，尤其是当他们在哺乳或吃东西时，他们可能需要用力呼吸来获得足够的氧气。
2. 婴儿会出现嘴唇或手指发青，或者呼吸时胸部运动会不规律。
3. 婴儿可能会出现咳嗽，或者呼吸时发出呼噜声或者喘息声。

婴儿出现呼吸道感染症状时，家长应该如何处理？

- 观察婴儿的呼吸情况（是否困难）
- 注意婴儿是否有呼吸急促或呼吸暂停
- 确保婴儿的环境清洁，不吸烟
- 保持婴儿的水分摄入
- 密切观察婴儿的反应和行为

如婴儿出现上述呼吸道感染症状时，建议及时就医。
미안해요, 이 페이지의 내용을 읽을 수 없습니다.
Signs of Respiratory Distress in Your Infant

In order to measure breathing trouble in your baby, you need to know the amount of “work” or effort your child is using to breathe:

1. Know your baby’s normal breathing rate when sleeping. See next page to count breaths.
2. Know the important warning signs that show increased work of breathing.
3. Call and speak with your healthcare provider if any of the physical or behavior signs below are present.

What will my baby look like when they are breathing hard?

- Increased breathing rate (see next page)
- Stomach sucking in more than usual with breathing
- Retractions – skin pulling in around bones in chest (in neck, above collar bone, under breast bone, between and under ribs)
- Flaring of nostrils
- Head moving back and forth with each breath (head bobbing)
- Noisy breathing (wheezing, grunting, high-pitched noise when breathing in or out)
- Increased coughing or mucus
- Sweating – clammy skin
- Open mouth

What will my baby act like when they are breathing hard?

Because you know your child better than anyone else, you can look for signs or changes that show your child is working harder to breathe. In addition to the physical signs above, here are a few of the most common behavioral warning signs.

- Waking up from sleeping with cough or unable to sleep comfortably due to difficulty breathing
- Lethargy (acting tired and weak)
- Fussy, agitated behavior
- Eating less than normal or stopping to rest while eating
- Pulling off the breast or away from the bottle to take a breath
When should I call 911?

Your baby needs medical help right away if they have any one of these symptoms. Call 911 now if:

- They stop breathing for 15 seconds or longer (called “apnea”)
- They have severe difficulty breathing
- They have blue-tinged skin (cyanosis) especially noticeable around the lips, fingernails and gums
- You are unable to wake your baby

To find your child’s breathing rate:

When your baby is sleeping, count the number of times their stomach rises and falls in 30 seconds. One rise and fall equals one breath. Double that number to get the breathing rate per minute.

When your child is having trouble breathing, they may breathe faster.

Breathing rates for infants

**Normal** breathing rates during sleep

<table>
<thead>
<tr>
<th>Age</th>
<th>Breaths per minute</th>
</tr>
</thead>
<tbody>
<tr>
<td>Birth to 1 year</td>
<td>30 to 60</td>
</tr>
<tr>
<td>1 year to 2 years</td>
<td>24 to 40</td>
</tr>
</tbody>
</table>

**Abnormally high** breathing rates

<table>
<thead>
<tr>
<th>Age</th>
<th>Breaths per minute</th>
</tr>
</thead>
<tbody>
<tr>
<td>Birth to 2 months</td>
<td>over 60</td>
</tr>
<tr>
<td>2 months to 1 year</td>
<td>over 50</td>
</tr>
<tr>
<td>1 year to 2 years</td>
<td>over 40</td>
</tr>
</tbody>
</table>

To Learn More

- Pulmonary
  206-987-2174
- Your child’s healthcare provider
- www.seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your child’s nurse.
- From outside the hospital, call the toll-free Family Interpreting Line 1-866-583-1527. Tell the interpreter the name or extension you need.