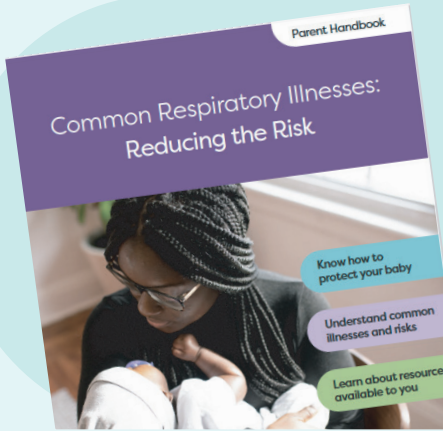
When your baby has a cold.

If your baby has cold symptoms, and is not feeling well, it is important to watch for more serious symptoms. Premature babies at risk because of their immune system is still developing.

Know what to watch for.

CPBF 'Reducing the Risk' Parent Handbook >



Remember, **always call** your baby's healthcare provider whenever you have any concerns about your baby's health and well-being. Always know it is okay to call 911.

Use this guide to know what the **important signs and symptoms** are:

This information is not intended to replace the advice of a medical professional.

F-A-C-T-S	Call Doctor	Call 911
Fussy	Crying more than usual, hard to comfort	Struggling to breathe, limp, unresponsive, difficult to wake, lips or skin turning blue
Appetite	Feeding less, refusing several feedings in a row, dry diapers, dry mouth or lips	Difficult to wake, limp, unresponsive
Cough	Raspy (noisy) breathing, barking or wheezing cough, or one that doesn't go away	Struggling to breathe, rapid shallow breathing, lips or skin turning blue, limp, unresponsive
Temperature	Sudden or continuing fever (temperature of 38° C or more)	Fever over 39° C, difficult to wake, limp, unresponsive, unconscious
Sleep	Sleepier than usual, not waking up for feedings	Will not wake, limp, unresponsive, unconscious

Important to remember!

Always tell any doctor, pharmacist, paramedic, or healthcare professional that your baby was born preterm. This information makes a difference to your baby's care and medications they receive.

Remember, ALWAYS check with your healthcare provider before you give your baby any medications.

Scan code to download the Handbook or visit us online for more information plus other useful resources and programs focused on premature babies and their families.

CPBF Canadian Premature Babies Foundation

canadianpreemies.org

Exerpt from Canadian Premature Babies Foundation (CPBF) parent handbook: Common Respiratory Illnesses: Reducing the Risk