

Apgar Sign	2	1	0
Heart Rate Pulse	>100/min	>100/min	Absent
Breathing Rate and effort	Cries well	Irregular	Absent
Grimace Responsiveness or reflex irritability	Pulls away, sneezes, coughs, or cries with stimulation	Facial movement only with stimulation	Absent
Activity Muscle tone	Active, spontaneous movement	Arms and legs flexed with little movement	No movement, floppy tone
Appearance Skin colouration	Normal colour (also hands and feet are pink)	Normal colour (but hands and feet are bluish)	Bluish-grey or pale all over

This test is done to determine whether a newborn needs help breathing or is having heart trouble

Normal Results: 7-10

10 is unusual, almost all newborns lose 1 point for blue hands and feet

Abnormal results: 0-6

Signals that the baby needs medical attention

Low Apgar score is often caused by:

Difficult birth, C-section, Fluid in the baby's airway

A baby with a low Apgar score may need:

- Oxygen and clearing out the airway to help with breathing
- Physical stimulation to get the heart beating at a healthy rate

Most of the time, a low score at 1 minute is near-normal by 5 minutes

*A lower Apgar score does not mean a child will have serious or long-term health problems
The Apgar score is not designed to predict the future health of the child*