

## Red (high risk: take immediate action)

Many (but not all) children with these features are seriously unwell and need to be assessed straight away in hospital. Dial '999' for an ambulance if necessary.

### Skin, lips and tongue

Very pale or blue skin and sunken eyes

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Rash that does not fade when pressed firmly (use a clear glass)

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### Activity

Not responding to carers

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Very difficult to wake up

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Weak, high-pitched or continuous cry  
in younger children

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Older children are confused or unusually irritable

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### Breathing

Finding it much harder to breathe than normal

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Grunting breathing

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Very fast breathing: more than  
60 breaths a minute

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Noticeable pauses in breathing

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### Circulation

Very cold hands and feet

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### Temperature and body

Under 3 months with raised temperature over 38°C

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The soft spot on an infant's head is bulging

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Stiff neck, especially when trying to  
look up and down

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The child has a seizure

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### Vomiting, diarrhoea and hydration

Very thirsty and not able to keep fluids down

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Bloody or black 'coffee ground' vomit

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Not had a wee for 12 hours

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Notes

# SAM

## Sepsis Assessment & Management



What to look for if your child has a temperature and you are concerned