

● ALL CLEAR—This zone is the goal

No symptoms or they are mild



- ✓ Normal color of lips, skin, tongue
- ✓ Normal breathing
- ✓ Strong normal cry
- ✓ Normal feeding
- ✓ Responds normally to social cues
- ✓ Moist mucus membranes, moist tongue

● CAUTION—This zone is a warning zone

Call your Nascentia nurse first at 315-477-4663 with these symptoms



- ✓ Color is pale or yellow
- ✓ Not responding normally to social cues
- ✓ Fussy, crying constantly
- ✓ Decreased activity
- ✓ Urine output decreased (fewer than 2–3 diapers/day)
- ✓ Dry mucus membranes, dry tongue
- ✓ Poor feeding
- ✓ Nasal flaring, increased respiratory rate
- ✓ Temperature above 100.3° Fahrenheit

● EMERGENCY

Go to the emergency room or call 911



- ✓ Pale, mottled, ashen, blue
- ✓ No response to social cues, does not wake or does not stay awake
- ✓ Weak cry
- ✓ Grunting, increased respiratory rate
- ✓ Temperature is greater than 100.4° Fahrenheit
- ✓ Temperature is less than 97° (immediately bundle)
- ✓ Moderate or severe chest retractions

Nurse:

Phone: ()

Pediatrician:

Phone: ()

Specialist:

Phone: ()