

什么时候应联系宝宝的医生？

When Should I Call My Baby's Doctor?

Call 911 if your baby turns blue or has trouble breathing.

如果宝宝脸色发青或呼吸困难, 请致电 **911**。

Call your baby's doctor if your baby has any of the following:

如果宝宝出现以下情况, 请致电宝宝的医生:

- Cries non-stop for several hours or is more irritable and soothing does not stop crying
- Hard to wake up
- Fever:
 - A rectal temperature (in baby's bottom) of 100.4° F or higher, or an armpit (axillary) temperature of 99° F or higher
 - Fever does not come down with medicine
 - Fever lasts more than 24 hours
- A lot of discharge from the eyes
- A hard time breathing or skin below or between baby's ribs pulls in when breathing.
- Yellowing or rash on the skin that gets worse
- Redness, discharge or a foul smell from a healing umbilical cord or circumcision
- Breastfeeding less often or taking less formula for more than 8 hours
- Green vomit or vomiting after more than 2 feedings in a row
- Fewer than 6 to 8 wet diapers in 24 hours
- Constipation or diarrhea
- Cough that will not go away, especially if there is a rash

- 不停啼哭数小时或变得更加急躁, 安抚也无法使婴儿停止啼哭。
- 嗜睡。
- 发烧:
 - 直肠(宝宝的屁股)温度达到 100.4° F 或以上, 或是腋下温度达到 99° F 或以上
 - 使用药物后不退烧
 - 发烧持续 24 小时以上
- 眼部产生大量分泌物
- 呼吸困难或者宝宝呼吸时肋间或肋下皮肤凹陷
- 皮肤发黄或出疹的情况更加严重。
- 正在愈合的脐带或包皮环割区发红、有流出物或有腐臭味。
- 吃母乳的次数减少或配方奶量减少, 时间持续超过 8 小时。
- 呕出绿色呕吐物, 或连续 2 次以上喂奶后呕吐。
- 24 小时内更换的尿片数量少于 6 至 8 片。
- 便秘或腹泻
- 久咳不好, 尤其是伴有皮疹时。

- Cough that will not go away, especially if there is a rash
- Poor muscle control or baby feels floppy when held
- Convulsions or seizures (body gets stiff, eyes rolls, legs thrash around)
- Baby seems to have an earache (stiff neck or pulls at ears).

If you have any concerns about your baby's health, call your baby's doctor, family doctor or health clinic. Be sure to tell them the baby's name and age.

Never be shy about calling the doctor's office. Often talking to your baby's doctor or nurse will help you decide if your baby needs medical care. When you call the doctor, have written down:

- What is wrong with your baby and when the signs started
- Your baby's rectal temperature
- Any allergies your baby has to food, medicine or environment
- Name and phone number of your pharmacy
- Type of medicine you have given and how much

Keep a paper and pen nearby to write down the doctor's instructions.

- 久咳不好,尤其是伴有皮疹时。
- 抱起宝宝时感到很松软或肌肉无力。
- 抽搐或癫痫发作(宝宝全身僵硬、双眼上翻,双腿猛烈踢动)
- 宝宝似乎耳朵疼(脖子僵硬或牵拉耳朵)。

如果您对宝宝的健康有任何担心,请致电宝宝的医生、家庭医生或诊所。确保告诉他们宝宝的名字和年龄。

切勿羞于致电医生办公室。询问宝宝的医生或护士往往有助于您决定宝宝是否需要医护服务。致电医生之前,应写下:

- 宝宝有何症状以及何时开始出现症状
 - 宝宝的直肠温度
 - 所有可导致宝宝过敏的食物、药物或环境
 - 您使用的药店名称和电话号码
 - 您给宝宝服用的药物类型和剂量
- 身边放一张纸和一支笔,记下医嘱。