

我應該何時致電我寶寶的醫師？

When Should I Call My Baby's Doctor?

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

如果寶寶臉色發青或呼吸困難，請致電 911。

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

如果您的寶寶存在以下任何症狀，請致電寶寶的醫師：

- 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

- 不停啼哭數小時或變得更加急躁，安撫也無法使寶寶停止啼哭。
- 嗜睡。
- 發燒：
 - 直腸(寶寶的屁股)溫度達到 100.4 °F 或以上，或是腋下溫度達到 99°F 或以上
 - 使用藥物後不退燒
 - 發燒持續 24 小時以上
- 眼部產生大量分泌物
- 呼吸困難或寶寶呼吸時肋骨下或肋骨間皮膚收縮
- 皮膚發黃或出疹的情況更加嚴重。
- 正在癒合的臍帶或包皮環割區發紅、有流出物或有腐臭味。
- 吃母乳的次數減少或者配方奶量減少，時間持續超過 8 小時。
- 嘔出綠色嘔吐物，或連續 2 次以上餵奶後嘔吐。
- 24 小時內更換的尿片數量少於 6 至 8 片。
- 便秘或腹瀉
- 久咳不癒，尤其是伴有皮疹時。

- 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 a 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.

- 久咳不癒，尤其是伴有皮疹時。
- 抱起寶寶時感到很鬆軟或肌肉無力。
- 抽搐或癲癇發作(寶寶全身僵硬、雙眼上翻，雙腿猛烈踢動)
- 寶寶似乎耳朵疼(脖子僵硬或牽拉耳朵)。

如果您對寶寶的健康有任何憂慮，請致電寶寶的醫生、家庭醫生或診所。確保告訴他們寶寶的名字和年齡。

切勿羞於致電醫生辦公室。詢問寶寶的醫生或護士往往有助於您決定寶寶是否需要醫護服務。致電醫生之前，應寫下：

- 寶寶有何症狀以及何時開始出現症狀
 - 寶寶的體溫
 - 所有可導致寶寶過敏的食物、藥物或環境
 - 您使用的藥店名稱和電話號碼
 - 您給寶寶服用的藥物類型和劑量
- 身邊放一張紙和一支筆，記下醫囑。