



#### When should I call my newborn's healthcare provider?

You should contact your newborn's healthcare provider if they have any of the following COVID-19 symptoms:

- Fever of 100°F (37.8°C) or greater
- Difficulty waking up
- Too weak to cry or feed
- Fussiness or irritability
- Difficulty breathing, which can look like:
  - Faster breathing, such as over 60 breaths each minute<sup>1</sup>
  - Stomach sucking in more than usual when breathing
  - Skin pulling in around ribs and collar bone with each breath
  - Nostrils flaring
  - Head bobbing up and down with each breath
  - Noisy breathing, such as wheezing or grunting
  - Pulling away from the breast or bottle to take a breath
- Skin changes, such as:
  - Sweaty or clammy skin
  - Mottled, pale, or bluish color
- Runny nose
- Cough
- Vomiting
- Diarrhea
- Poor feeding
- Signs of dehydration, such as:
  - Dry lips and mouth
  - Not urinating much (fewer than 4 to 6 times in 24 hours)
  - Sunken eyes

**This list does not have all possible symptoms. Please contact your medical provider for any other symptoms that are severe or concerning to you.**

#### When should I call 911 for my newborn?

Your baby will need medical help right away if they have **ANY of the following symptoms**:

- They stop breathing for 15 seconds or longer.
- They have severe difficulty breathing, such as gasping for air.
- They have blue-tinged skin, especially noticeable around the lips, fingernails, and gums. This may not be as visible on darker skin tones, so pay close attention to your child's breathing and behavior.
- You are unable to wake your baby.
- They have a seizure or convulsion.

**If you call 911, tell the operator you are seeking care for an infant or child who has or may have COVID-19.**

<sup>1</sup> How to find your child's breathing rate: When your baby is sleeping, count the number of times their stomach rises and falls in 30 seconds. One rise and fall equals one breath. Double that number to get the breathing rate per minute. When your child is having trouble breathing, they may breathe faster.



#### ALAMEDA COUNTY HEALTH CARE SERVICES AGENCY PUBLIC HEALTH DEPARTMENT

Colleen Chawla – Agency Director  
Kimi Watkins-Tartt – Director  
Nicholas Moss, MD – Health Officer

#### Contact

Public Health Department:  
(510) 267-8000 Main Line  
COVID-19 Information:  
(510) 268-2101

[www.acphd.org](http://www.acphd.org)