

Checklist for children with infection

(continued)

Activity and movement

- Feeling more unwell than before
- Less interest in playing; not 'quite right'
- Irritable, restless and won't settle
- Unable to walk or refusing to walk
- Not using part of the body for any obvious reason
- Swelling of a joint



Skin

- Cold hands and feet
- Skin painful to touch
- Bright red or swollen skin
- Rash



Toileting

- Fewer wet nappies and not as heavy as usual
- Blood in the faeces (poo)
- More than 5 watery poos (runny tummy) in 24 hours



Eating and drinking

- Eating and drinking much less than usual
- Vomiting (spewing) most fluids
- Vomit that is green or black or with blood in it
- Very thirsty, dry mouth, lips or tongue



Scan the QR code to watch a video on how to monitor the signs and symptoms using the checklist.

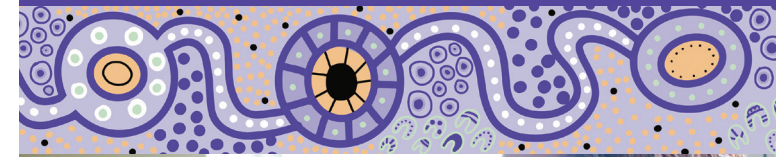


Scan the QR code for more information about sepsis, including support for families, or visit: www.childrens.health.qld.gov.au/sepsis



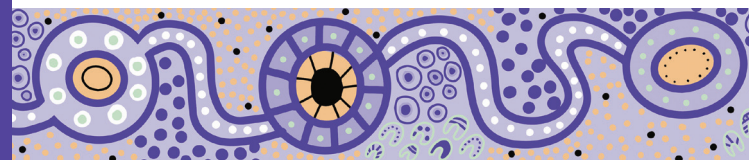
Children's Health Queensland acknowledges the traditional Custodians of the land and pays respect to Elders past, present and future.

© State of Queensland (Queensland Health) 2026
SW1335 v1.00 01/2026 | WINC Code: 1NY45263
Contact: paediatricsepsis@health.qld.gov.au



Does your child have an infection?

Any child with an infection can get worse and develop sepsis – even if they have recently been to the doctor. Know the signs of sepsis, trust your gut and talk to your trusted health worker, nurse or doctor.



Sepsis is a **medical emergency** and needs immediate treatment

Sepsis happens when an infection causes an extreme response in the body, and it starts to damage its own tissues. It is rare but can happen to any child with any infection. Sepsis can damage many parts of the body and even cause death. The best chance of getting better is to treat it early and quickly.

Knowing if your child has sepsis can be difficult, because at the beginning the symptoms can look the same as simple infections. The difference with sepsis is your child's symptoms don't improve or become worse.

You know your child best, so **trust your gut**. If your child becomes more unwell or this illness seems different to other times – talk to your trusted health worker, doctor or nurse and ask:

Could it be **SEPSIS?**

Any ONE of these symptoms may mean your child is very unwell and could have sepsis:



Checklist for children with infection

It can be worrying when your child is sick. Depending on the seriousness of the signs, they may be looked after at home, however sometimes they need to see a health worker, nurse or doctor. Children can get worse quickly – so it's important to keep checking on your child.

You know your child best. Use this checklist to look for new signs, or signs your child is getting more unwell. If you're unsure or worried, trust your gut and see a health worker, nurse or doctor and ask **"Could it be sepsis?"**

You can also call 13 HEALTH (13 43 25 84) anytime for free and private advice from a nurse.

Temperature

- Shivering or shaking with fever (burning up/hot body)
- Temperature more than 38°C for more than 4 days in children over 3 months of age
- Temperature more than 38°C in babies 3 months or younger



Breathing

- Fast breathing
- Nostrils that move in and out (flare) with breathing
- Trouble with breathing; sucking in of breast bone and under ribs
- Grunting noises with breathing
- Crackly noises from the chest



Pain

- Headache, neck, muscle, chest, bone or joint pain for no obvious reason
- Pain relief is not working

