



RESPIRATORY INFORMATION

兒童呼吸不適的跡象 Signs of Respiratory Distress in Children

Children having trouble breathing will show these signs: The signs may not all be present.

- Breathe faster
- Cannot take a deep breath
- Are out of breath
- Their tummy moves more up and down when they breathe
- "Wheezing" - their breathing sounds like a whistle
- "Nasal flaring" - the inside of their noses open wide
- "Indrawing" - their chest draws inward and you see their ribs when they breathe
- "Tracheal tug" - there is pulling inward at their trachea, the throat area below their chin
- "Restless" - they are not able to rest or be comfortable
- Trouble eating, drinking or talking
- Trouble breathing when playing and running
- More sleepy or tired
- Face may be pale in colour

呼吸困難的兒童會呈現這些跡象：這些跡象未必會全數出現。

- 呼吸較急速
- 無法深呼吸
- 喘不過氣
- 呼吸時肚子上下活動得更厲害
- 「喘氣」- 呼吸聲有如吹哨子
- 「鼻子張開」- 鼻子內部大大張開
- 「向內收縮」- 他們的胸部向內縮，以及在他們呼吸時您可以看見其肋骨
- 「氣管猛扯」- 在下巴以下咽喉部位的氣管向內扯
- 「靜不下來」- 他們無法靜下來或感到舒服
- 吃、喝或說話有困難
- 玩耍及奔跑時難以呼吸
- 睡眠更多或更疲倦
- 面色或見蒼白

額外資料：

