



# RESPIRATORY INFORMATION

## 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

### ADDITIONAL INFORMATION:

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