



# WATERBURY HEALTH DEPARTMENT

## LEARN ABOUT NEWBORN WARNING SIGNS

### What are infant deaths?

- Deaths **within a year of birth** are classified as infant deaths.
- 20,190 infants died in the United States (US) before reaching their first birthday in 2023.
- The **infant mortality rate** is the number of infant deaths per 1,000 live births.
- The **neonatal infant mortality** is infant deaths **within 28 days after birth**.

**If you are a new mom and have recently delivered a baby, contact your healthcare provider immediately if you see any of the following warning signs in the baby:**

1.



No urine during the first 24 hours

2.



No bowel movement or passage of stool in a newborn during the first 48 hours

3.



Blue coloration of the newborn skin, lips, tongue or body that does not go away

4.



Wheezing, grunting or whistling sounds during breathing

5.



Rapid breathing or chest and ribs caving-in

6.



Forehead or rectal temperature over 100.4 degrees F (38 degrees C) or less than 97.5 degrees F (36.5 degrees C)

7.



A sleepy baby, who cannot be awakened enough to feed

8.



Soft spot on top of head looks swollen or sunken

9.



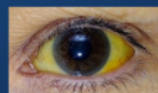
Crying, irritability or twitching which is not comforted by cuddling

10.



Changes or weakening in feeding

11.



Yellow coloring of eyes, chest or arms and legs

12.



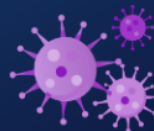
Bad smell, leakage or bleeding from umbilical cord

13.



Changes in cry, such as weak or strange cry

14.

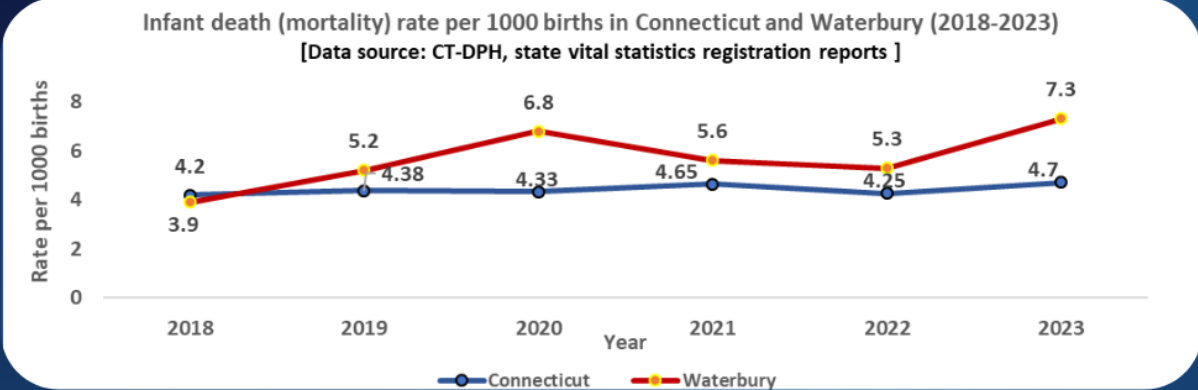


Other signs of sickness—such as cough, diarrhea or pale color



## Infant mortality over the years

Waterbury has shown higher infant death (mortality) rates compared to the rates for Connecticut over the years.



## Common causes of Infant deaths in the US

Some of the leading causes of infant death in the US include the following:

- 1) Birth defects
- 2) Prematurity/Low birth weight
- 3) Sudden infant death syndrome
- 4) Maternal complications of pregnancy
- 5) Respiratory distress syndrome

## What can we do to decrease the risk of death and poor outcomes among infants?



Keep-up with all newborn baby appointments as advised by the healthcare provider.

Trust your knowledge of your child and call or talk to your child's healthcare provider if you see signs that are worrisome to you.

Remember-every child is different.



Understand the mentioned warning signs.



Know the nearest urgent care location.



Preparation matters. Keep emergency numbers handy.



Take good care of mothers throughout pregnancy. Keep-up with all prenatal check-ups and prescriptions..



Maintain healthy lifestyle during and after pregnancy including, healthy diet, managing chronic conditions, quitting alcohol & smoking.



Maintain positive mental health and try to remain stress free.



## Resources:

1. Connecticut Department of Public Health-State vital statistics Registration reports . [https://portal.ct.gov/dph/Health-Information-Systems--Reporting/Hisrhome/Vital-Statistics-Registration-Reports?language=en\\_US](https://portal.ct.gov/dph/Health-Information-Systems--Reporting/Hisrhome/Vital-Statistics-Registration-Reports?language=en_US)
2. Children's Hospital of Philadelphia. New born warning signs. <https://www.chop.edu/health-resources/newborn-warning-signs>.
3. CDC. National Center for health statistics. Linked birth and Infant death data. <https://www.cdc.gov/nchs/nvss/linked-birth.htm>

