



## YOUR CARE TEAM

### PEDIATRICIAN:

Phone: \_\_\_\_\_ Address: \_\_\_\_\_

### LOCAL CHILDREN'S HOSPITAL:

Phone: \_\_\_\_\_ Address: \_\_\_\_\_

### MIDWIFE OR PHYSICIAN:

Phone: \_\_\_\_\_ Address: \_\_\_\_\_

### DOULA OR OTHER SUPPORT:

Phone: \_\_\_\_\_ Address: \_\_\_\_\_

### KNOWN HEALTH CONDITIONS:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



## CALL IMMEDIATELY



### JAUNDICE -

Yellow skin and eyes. Can be normal or warrant closer attention.



### BLUE LIPS/BODY -

Blue hands/feet are normal. Blue lips and core is not normal, indicating poor oxygen.



### LESS WET/POOPY DIAPERS -

Dehydrated, feeding issues, call lactation support and care provider ASAP.



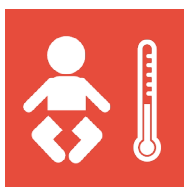
### TROUBLE BREATHING -

Nostrils flared, tummy sucking in, working hard to breathe.



### VOMITING -

Forceful, baby in pain, bloody stool, bloating, especially if vomit is green.



### FEVER -

Armpit temp over 99° F call provider for further comfort and care instructions.