

## When and who to call with health and safety questions

The first few weeks after your baby's birth are always eventful — and sometimes quite challenging. Your body is recovering, and your baby is adjusting to life outside the womb. So even if you're an experienced parent, you're bound to have a few questions during this time.

The *Living and Learning* booklets can probably answer most of your questions. This handout summarizes when to call your healthcare provider or seek emergency care. The back page lists some important resources and gives you space to write down a few of your own. Post the list in your home for easy reference.



### Are your baby's medical expenses covered?

Don't forget to notify your insurance company within 30 days of your baby's birth to add your baby to your health plan.

**Before you call**, unless you are facing a medical emergency, take a few minutes to do the following before calling your healthcare provider or your baby's healthcare provider:

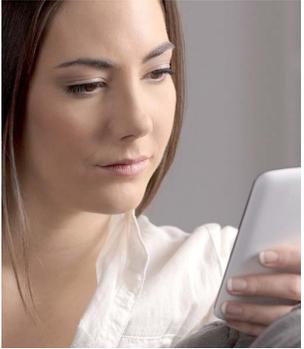
- Take a temperature and write it down.
- Write down all the symptoms you've noticed. (In the heat of the moment, it's easy to forget something important.)
- If you're calling about your baby, also:
  - Take note of any recent changes in your baby's eating or sleeping habits, wet diapers, or bowel movements.
  - Have your baby near the telephone when you call. Your healthcare provider may ask you to check something in your baby's appearance.
- Have a paper and pencil ready to write down **all** of your healthcare provider's instructions.
- Have the phone number of your pharmacy ready in case your healthcare provider needs to call in a prescription.
- If you're calling for breastfeeding help, have your *Breastfeeding Log* handy. The log is at the end of the *Guide to Breastfeeding* booklet.

Learn more about breastfeeding,  
newborn care, and women's health.  
Get access by using the QR codes below.



Access the videos on your **Be Ready** card for tips on breastfeeding, caring for your baby and for yourself.

## FOR MOM



### Get emergency care in the following cases:

- Pain in your chest
- Difficulty breathing or shortness of breath
- Thoughts of harming your baby or yourself or feeling your family may be better off without you
- Seizures
- Scary thoughts you are afraid to share
- Feeling confused, seeing or hearing things that aren't there, or having thoughts that don't make sense

### Call your doctor (or get emergency care if your doctor cannot be reached) if you notice any of the following:

- Vaginal bleeding that becomes bright red and heavy (soaking through more than 1 pad per hour)
- Large blood clots (the size of your fist or larger)
- Redness, swelling, separation, odor, or drainage at the site of your incision, episiotomy, or vaginal tearing
- Fever of 100.4°F (38.0°C) or greater
- Painful, tender, swollen, or reddened areas on your legs or breasts
- Headache that does not get better after taking pain medications, or severe headache with vision changes
- Edinburgh Postnatal Depression Scale (EPDS) score of 10 or greater
- Anxiety or racing thoughts
- Excessive irritability, anger, or rage
- Unexpected difficulty sleeping or getting back to sleep
- Persistent tearfulness, sadness, or feeling worthless
- Intense shame about what you are experiencing
- Loss of interest in people or activities
- Significant loss of appetite

### If you're breastfeeding, call your doctor if you notice any of the following:

- Your milk doesn't seem to have come in by the morning of the 5th day (there's no change in how your breasts feel)
- Extremely painful nipples
- Cracks, blisters, or blood on your nipples
- Your baby has trouble latching on
- Sudden increase in nipple soreness (with or without a rash) that continues after the end of a breastfeeding session
- Plugged milk ducts, continuing or recurring
- You don't feel better after 24 hours of being treated with antibiotics for a breast infection (mastitis)
- Throbbing pain in one breast or a part of your breast becomes red and extremely painful to the touch
- Flu-like symptoms (chills, body aches, fatigue, or headache)
- You suspect that you or your baby has a yeast infection — or a yeast infection isn't improving with treatment

### May require further evaluation and discussion with your doctor:

- Flu-like symptoms (chills, body aches, fatigue, or headache)
- Unusual, foul-smelling vaginal discharge
- Difficulty urinating — or burning, painful, or frequent urination
- Constipation not relieved by stool softeners and/or laxatives
- Engorgement (very full breasts) that is not relieved after 24 to 48 hours
- Any increase in pain



### Get emergency care if your baby has:

- Vomit that is green or bloody
- Dusky or blue skin or lips
- Floppiness or extreme difficulty waking up
- Poisoning or suspected poisoning — call Poison Control first (1-800-222-1222)
- Trouble breathing or chest sinking in with breathing

### Signs of infection or illness

- Listlessness or excessive sleepiness or an overall change in activity or temperament
- Unstable or abnormal temperature. A baby's normal temperature (armpit) is from 97.7°F (36.5°C) to 99.5°F (37.5°C)
- Excessive irritability (has a high-pitched cry or cannot be comforted)
- Vomiting more than occasionally
- Poor eating (for example, refusal to eat at all, or consistently sleeping 5 to 6 hours between feedings)
- Reddened or firm skin around the umbilical site — or skin that has pus or a foul smell
- Thrush (white or grayish-white, slightly raised patches that look like curds of milk on the tongue, lips, or throat)
- Breathing faster than 60 breaths per minute
- Wheezing or coughing
- Redness, swelling, tenderness, pus, or bleeding at the circumcision site

### Skin

- Jaundice (a yellow appearance) that does not go away, or spreads to cover more of the body
- A rash that concerns you
- Mottled and pale skin — and a temperature that's higher or lower than normal
- Cradle cap (scaly skin on the scalp)
- Severe or persistent diaper rash

### Crying / fussy baby

- Constant crying for more than 3 hours
- Crying for hours each day even after 3 months old
- Crying that sounds painful rather than fussy

### Bowel movements and urination

Pay attention to the number of wet and messy diapers your newborn makes. Too few may signal a problem. Call your baby's doctor if you notice any of the following:

- **On the 1st day of life**, your baby doesn't have at least 1 wet diaper and 1 messy diaper in a 24-hour period
- **On the 2nd day of life**, fewer than 2 wet diapers and 2 messy diapers in a 24-hour period
- **On the 3rd day of life**, fewer than 3 wet diapers and 3 messy diapers in a 24-hour period
- **On the 4th day of life:**
  - Your **breastfed** baby has fewer than 4 wet diapers and fewer than 4 mustard-yellow stools (poops) in a 24-hour period
  - Your **formula-fed** baby has fewer than 4 wet diapers and has no messy diapers in a 24-hour period
  - After the 6th day of life:
    - Your **breastfed** baby has fewer than 6 wet diapers and fewer than 4 mustard-yellow stools in a 24-hour period
    - Your **formula-fed** baby has fewer than 6 wet diapers and has no messy diapers in a 24-hour period
- **No messy diapers at all in a 24-hour period for a baby younger than 2 months**
- Sudden changes in bowel movements combined with irritability, poor eating, or other concerns
- Diarrhea, or stool that's watery, green, foul-smelling, or contains mucus or blood
- Signs of discomfort with urination or failure to urinate within 24 hours of a circumcision

It's okay to call your doctor any time you have a concern about your baby's health — even for symptoms not listed here.

# Important phone numbers and websites



Baby's doctor: \_\_\_\_\_

Mom's doctor: \_\_\_\_\_

Lactation (breastfeeding) consultant: \_\_\_\_\_

**In case of emergency,  
dial 911.**

## FOR MOM

### 2-1-1 | 211.org

Free and confidential information about nonprofit, government, and community resources for intimate partner violence, postpartum depression, emergency food pantries, rental assistance, public health clinics, child care resources, support groups, legal aid, and help signing up for health insurance.

**National Domestic Violence Hotline**  
800-799-7233 or 800-787-3224 (TTY)  
thehotline.org

**Freedom from Smoking** | ffsonline.org  
**Quit for Life** | quitnow.net

### For anxiety and depression:

- **Postpartum Support International** — Utah Maternal Health Collective | postpartum.net
- **UNI Crisis Line:** 801-587-3000
- **United Way, Help Me Grow:** 801-691-5322  
helpmegrowutah.org
- **National Suicide Prevention Hotline:**  
800-273-TALK (8255)

### For breastfeeding:

- **The hospital where you gave birth.** Call your birthing hospital and ask if there's an outpatient lactation clinic or consultant in your area.
- **La Leche League** | lalcheleague.org
- **WIC (Women, Infants, and Children) in Utah:**  
877-942-5437 | health.utah.gov/wic  
in SE Idaho: 208-678-8608  
healthandwelfare.idaho.gov
- **National Women's Health Information Center on Breastfeeding:** 800-994-9662  
womenshealth.gov/breastfeeding
- **MothertoBaby Utah**  
mothertobaby.utah.gov  
800-822-BABY (2229) | Text: 855-999-3525

## FOR BABY

**Baby Your Baby Hotline: 800-826-9662**  
babyyourbaby.org

Information, referrals, and assistance in finding financial aid and access to community services — both during and after your pregnancy.

**Car Seat Safety Information:**  
801-662-CARS (2277)

Answers to your questions about car seats, and information on having your children's checked at an approved site in your area.

**National Highway Traffic Safety:**  
800-424-9153 | nhtsa.gov

Information about car seat recalls.

**SAFE KIDS** | safekids.org

Information and resources for preventing childhood injuries.

**Poison Control Center: 800-222-1222**  
poisoncontrol.utah.edu

**Shaken Baby Information: 888-273-0071**  
dontshake.org

### For mom and baby:

**Utah Department of Health**  
health.utah.gov

At this site, you'll find links to resources for mothers and children, including the Immunization Program, the WIC Food and Nutrition Program, the Newborn Screening Program, the Pregnancy Riskline, the Reproductive Health Program, and more.

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