

## **Signs of Respiratory distress**

When the lungs are unable to add oxygen to the blood and remove carbon dioxide at the correct levels, respiratory distress occurs. Signs of respiratory distress may include:

- Fast breathing
- Flaring of the nostrils
- Feeling like the person can't breathe in enough air
- Noisy or unusual breath sounds (grunting, whistling or wheezing)
- Confusion
- Feeling sleepy or very lethargic
- Change in skin colour (bluish/grey colour around the mouth, lips and/or fingernails).
- Increased sweating, cold clammy skin
- Behaviour which is fearful, panicked, anxious

**Seek immediate medical attention if the person is experiencing respiratory distress, signs of dehydration or altered mental status.**