

# TODAY, TOMORROW AND THE NEXT DAY

AND THE NEXT DAY AND THE NEXT DAY AND THE NEXT DAY AND THE NEXT DAY.....

**27 CHILDREN** WILL BE BORN WITH A HEART DEFECT  
ONLY **11** OF THE BABIES WILL BE DIAGNOSED. **HELP**

## KNOW THE SIGNS & SYMPTOMS

**T**

TEMPERATURE - COLD TO TOUCH,  
ESPECIALLY FEET & HANDS.

**R**

RESPIRATION - BREATHING TOO FAST OR SLOW?  
NORMAL IS 40 -60 BREATHS PER MINUTE.

**CHD**  
*awareness*  
WEEK 2015

**A**

APPEARANCE -  
PALE, BLUE OR DUSKY SKIN?

**E**

ENERGY - SLEEPY? FALLING ASLEEP DURING FEEDING?

**H**

HEART RATE - TOO LOW OR HIGH. NORMAL IS 100 TO 160 BPM.

BY MAKING PEOPLE AWARE YOU CAN SAVE LIVES....

[WWW.HEARTKIDS.CO.ZA](http://WWW.HEARTKIDS.CO.ZA)

