

# Common symptoms

## See and hear



### Feeling sick in the gut

- Throwing up
- Trying to throw up
- Holding tummy
- Belching, burping
- Sweaty



### Restlessness

- Moving a lot in the bed or chair
- Pulling at clothes and sheets
- Constant calling out
- Jumpy movements



### Fitting

- Spaced out
- Jerky movements
- Shaking
- Eyes – rolling and staring
- Clenched jaw
- Weeing



### Short of breath

- Working hard to breathe
- Faster breathing
- Hard to talk
- Panic, wild, moody
- Skin colour changing (e.g. blue, pale lips or nails)



### Pain

- Groaning noises
- Worried face
- Not wanting to be moved
- Moving lots
- Crying
- Moody



### Stress

- Worried face
- Moody
- Not sleeping well
- Looking around a lot
- Fast heart rate, breathing changes



### Rattly breathing

- Noisy breathing
- Changes in breathing rate
- Moments of stopped breathing
- Ooze from mouth



### Troubling visions, sounds, thoughts

- Looks troubled about hearing or seeing things that are not there
- Muddled talk
- Mixed up thinking
- Talking to no one

