### NEWBORN JAUNDICE HOME MONITORING CARD

Baby's Name: \_\_\_\_\_\_ Date of Birth: \_\_\_\_\_\_ Birth Weight (kg): \_\_\_\_\_\_ Was Baby Born Early (before 37 weeks)? [] Yes [] No

## CHECK DAILY FOR YELLOWING:

- Check EYES Are the whites of the eyes yellow?
- Check SKIN Press baby's forehead, chest, and palms
- Check FEEDING Is baby feeding at least 8 times in 24 hours?
- Check SLEEP Is baby alert and waking for feeds?

Use natural daylight (not yellow bulbs)!

#### **DAILY MONITORING TABLE**

### Day Yellow Eyes? Yellow Skin? Feeding Well? Very Sleepy? Notes / Action Taken

1	[ ] Yes	[ ] No [ ] Yes	[ ] No [ ] Yes	[] No [] Yes	[ ] No
2	[ ] Yes	[ ] No [ ] Yes	[ ] No [ ] Yes	[] No [] Yes	[ ] No
3	[ ] Yes	[ ] No [ ] Yes	[ ] No [ ] Yes	[] No [] Yes	[ ] No
4	[ ] Yes	[ ] No [ ] Yes	[ ] No [ ] Yes	[] No [] Yes	[ ] No
5	[ ] Yes	[ ] No [ ] Yes	[ ] No [ ] Yes	[] No [] Yes	[ ] No
6	[ ] Yes	[ ] No [ ] Yes	[ ] No [ ] Yes	[] No [] Yes	[ ] No
7	[ ] Yes	[ ] No [ ] Yes	[ ] No [ ] Yes	[]No []Yes	[ ] No

#### ▲ If any yellowing begins BEFORE Day 2 or lasts AFTER Day 7 $\rightarrow$ SEEK MEDICAL HELP!

### **WHEN TO SEEK IMMEDIATE MEDICAL CARE**

- Baby has yellow eyes or skin **BEFORE Day 2**
- Yellow colour spreads to palms and soles
- Baby is **not feeding well** (less than 6 times/day)
- Baby has fever (feels hot) or is cold to touch

- Baby is very sleepy or hard to wake
- Jaundice lasts **BEYOND Day 7** (or **Day 14 for preemies**)

**CALL or VISIT your Health Facility or CHW** 

- Nearest Health Centre: \_\_\_\_\_\_
- CHW Name: \_\_\_\_\_ Tel: \_\_\_\_\_
- Maternal Hotline (Local): \_\_\_\_\_\_

# **Notes for Caregiver:**

- Breastfeed as often as baby wants at least 8 times per day
- Avoid herbs, sugar water, or mothballs near the baby
- Sunlight can help, but **must be done safely** ask a CHW or nurse
- Ask your nurse or midwife about bilirubin testing