



# Asphyxia



## Signs of Asphyxia during Labour



Prolonged or difficult labour.



Ruptured membranes with little fluid (dry delivery).



Green or yellow coloured thick amniotic fluid.



Cord comes out first or cord wound tightly around baby's neck.



Preterm labour (delivery before completing 8 months and 14 days of pregnancy).



Baby's position such that the head does not come out first.



# Asphyxia



## Managing Asphyxia



Note time of birth, and start counting time. Meanwhile clean baby and cover with a soft dry cloth.



Observe baby 30 seconds after birth. If there is no cry or only a weak cry, or if breathing is weak or there is no breathing, it means the baby is asphyxiated.



Place baby in position with head slightly extended.  
Place a folded cloth under baby's shoulders to keep the head extended.



Immediately clean the mouth with mucus extractor.



If baby does not breathe, suction the throat; if there is still no breath, suction the nose with mucus extractor.

**Call for help as soon as possible.**