

# Signs of serious illness

- Severe headache and vomiting
- Slurred speech, confusion or drowsiness
- Ongoing fever or chills (temperature above 38°C or less than 36°C), could include extreme shivering
- Problems swallowing; Turning blue around the mouth
- Coughing blood
- Breathing much faster or slower than usual
- Chest pain or tightness; New very fast or slow pulse
- Kidney pain in your back just under your ribs
- Visible blood in urine; Severe pain on passing urine, or passing more urine at night; Cloudy urine not improving in 1 to 2 days with fluids
- Generally mottled or discoloured skin

**If you have the symptoms above, contact your GP urgently or call NHS**

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