

CHILDHOOD HEPATITIS & JAUNDICE

Red-Flags Checklist for Parents

World Hepatitis Day 2026

Jaundice in a child is not always a simple viral illness. Most children recover fully — but a few symptoms can signal a liver problem that is far easier to treat when caught early.

WATCH — Symptoms worth noting

Note when they started and mention them at your next visit.

- ☐ Dark urine
- ☐ Poor appetite

ACT — See a doctor soon

Book a paediatric review within a few days.

- ☐ Yellow eyes or skin that persists, worsens, or returns.
- ☐ Pale, white or clay-coloured stools
- ☐ Repeated vomiting, abdominal pain, or poor appetite.
- ☐ Unusual tiredness or reduced activity
- ☐ Abdominal swelling

DON'T WAIT — Seek care urgently

Go to a paediatrician or emergency department the same day.

- ☐ Easy bruising, or bleeding that is hard to stop
- ☐ Drowsiness, confusion, marked irritability or a child who is difficult to wake
- ☐ High fever with deep jaundice, or a child who looks very unwell

SPECIAL ALERT FOR BABIES (less than 6 months of age)

Any baby who is still jaundiced at 2 weeks needs medical review.

Dark urine or pale stools in a baby require prompt assessment, including blood tests

Before consultation

- Note when jaundice started
- Observe urine and stool colour
- Carry previous reports / LFTs
- Avoid unprescribed medicines

Protect your child's liver

- Hepatitis A & B vaccination on time
- Safe food and clean water
- Hand hygiene
- Timely follow-up until recovery

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This checklist is general guidance for parents and does not replace a medical consultation. When in doubt, have your child examined by the doctor.