

The **APGAR** Scorecard

The More You Know

- The APGAR score assesses your newborn in the crucial minutes after birth by measuring activity, pulse, grimace, appearance, and respiration.
- The test is administered twice: at one minute and then five minutes after birth.
- If there are any problems, an additional score may be repeated at a 10-minute interval.
- If your baby was born by Caesarean section, they will be re-assessed 15 minutes after delivery.

APGAR Results

- A score of 7-10 is considered normal.
- A newborn with a score of 4-7 may require additional resuscitative measures.
- A score of 3 and below necessitates immediate medical attention.

The APGAR score is strictly used to determine the newborn's immediate condition at birth and does not necessarily reflect the future health of your baby.

Test	0 Points	1 Point	2 Points	Total
Activity (muscle tone)	Limp	Some: arms and legs extended	Active: movement with flexed arms & legs	
Pulse (heartbeat)	Absent	Under 100 beats per minute pressure	Above 100 beats per minute	
Grimace (reflexes)	Absent	Facial grimace	Crying, sneezing, cough, pulls away	
Appearance (skin colour)	Blue-grey, Pale all over	Pink body and blue extremities	Normal over entire body – completely pink	
Respiration (breathing)	Absent	Irregular, weak	Regular, crying	
				Total

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