












Know the Signs of an sJIA Flare

A quick-reference card for teachers, caregivers, and family



WATCH FOR THESE SIGNS

-  **Raccoon eyes** — redness on the eyelids
-  **Limp** when walking
-  **Body aches**, especially legs
-  **Low-grade fever** above 99.5°F (even with meds, this is significant)
-  **Rash** under arms or upper legs, red splotches on face or joints
-  **Fatigue** — bone-deep exhaustion, not regular tiredness

CONTACT US IMMEDIATELY

-  **Shortness of breath**
-  **Heart palpitations**
-  **Severe pain** — significant limp, inability to walk
-  **High fever** over 101.5°F
-  **Severe swelling** in any joint

CALL 911

-  **Shortness of breath** not resolving in 5–10 minutes, or lips turning blue
-  **Severe swelling** larger than a golf ball

Note: Anxiety attacks can also cause shortness of breath and heart palpitations. When in doubt, call.