# APGAR Score

Newborn assessment at 1 and 5 minutes · five signs, 0 to 2 points each

| Sign | 0 points | 1 point | 2 points |
|---|---|---|---|
| **Appearance (color)** | Blue or pale | Acrocyanosis | Completely pink |
| **Pulse (heart rate)** | Absent | < 100/min | ≥ 100/min |
| **Grimace (reflexes)** | No response | Grimace | Cry, cough or sneeze |
| **Activity (muscle tone)** | Limp | Some flexion | Active motion |
| **Respiration** | Absent | Weak, irregular | Strong cry |

**7 - 10**
Good condition, normal adaptation

**4 - 6**
Moderately depressed: stimulation or support

**0 - 3**
Severely depressed: immediate resuscitation

**A heart rate of exactly 100 scores 2 · resuscitation never waits for the 1-minute score**