

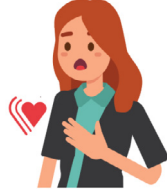
URGENT MATERNAL WARNING SIGNS



Call 911 if you have:



Trouble breathing



Chest pain or fast-beating heart



Seizures



Thoughts of hurting yourself or your baby



Call your healthcare provider if you have:

(If you can't reach your healthcare provider, call 911 or go to an emergency room)



Severe belly pain that doesn't go away



Severe nausea and throwing up (not like morning sickness)



Extreme swelling of your hands or face



Changes in your vision



Headache that won't go away, dizziness or fainting



Baby's movements stopping or slowing



Vaginal bleeding or fluid leaking **during pregnancy**



Fever



Incision that is not healing



Vaginal bleeding soaking through more than 1 pad/hour **after pregnancy**



Swelling, redness, or pain of your leg



Overwhelming tiredness



Feeling intense anxiety



Feelings of depression or having little interest in things



Scary or upsetting thoughts that won't go away



If you have any of these symptoms during or after pregnancy, contact your health care provider and get help right away.

This resource has been adapted with permission from the American College of Obstetricians and Gynecologists, Council on Patient Safety in Women's Health Care; Urgent Maternal Warning Signs, V1 May 2020

If you can't reach your provider, go to the emergency room. **Remember to say that you're pregnant or have been pregnant within the last year.** Learn more: safehealthcareforeverywoman.org/urgentmaternalwarningsigns