

Urgent Maternal Warning Signs Toolkit for Home Visitors



The toolkit provides home visiting programs with client education materials and implementation tools to support maternal warning signs education. This education covers the important signs of maternal complications that may occur during pregnancy and the year after delivery. All digital resources are available at: <https://drive.google.com/drive/folders/1QjdO78ySBRyJ7TtEVXwS218Z7GXxwISH?usp=sharing>

Illustrated Handout & Discussion Guide
(Available in 12 languages)

URGENT MATERNAL WARNING SIGNS

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

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: [safelifehealthcareforwomens.org/urgentmaternalwarningsigns](https://www.safelifehealthcareforwomens.org/urgentmaternalwarningsigns)

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Keep you and your baby healthy by discussing the maternal warning signs.

1. Become familiar with the maternal warning signs education video.

2. Discuss with your home visitor:

- Which signs are you already familiar with?
- Which signs are you concerned about?
- Which signs would you like to discuss with your maternity care provider?

3. Make a plan:

Where will you keep this information so you can find it easily?

Who will you share these warning signs with in your family, so they can help you if there is an emergency?

How will your family reach your maternity care provider if you experience one of these signs?

4. Know what to tell your provider:

Sample questions to ask:

- What could these symptoms mean?
- Is there a test I can have to rule out a serious problem?
- At what point should I consider going to the emergency room or calling 911?

Video
(Available in English, Spanish and French)
[@mdmomprogram5758](https://www.youtube.com/channel/UCmdmomprogram5758)



Magnet

Urgent Maternal Warning Signs

- Continuous or worsening headache
- Dizziness or fainting
- Thoughts about hurting yourself or your baby
- Changes in your vision
- Fever
- Trouble breathing
- Chest pain or fast-beating heart
- Severe belly pain that doesn't go away
- Severe nausea and throwing up
- Baby's movements stopping or slowing
- Vaginal bleeding or fluid leaking during or after pregnancy
- Swelling, redness, or pain of your leg
- Extreme swelling of your hands or face
- Overwhelming tiredness

Maternity care provider contact:

Nearest emergency room:

Online training for home visitors & implementation manual

