

URGENT MATERNAL WARNING SIGNS



Headache that won't go away or gets worse over time



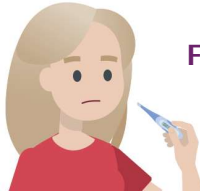
Dizziness or fainting



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



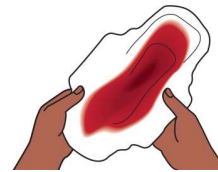
Severe nausea and throwing up (not like morning sickness)



Baby's movements stopping or slowing



Vaginal bleeding or fluid leaking during pregnancy



Vaginal bleeding or fluid leaking after pregnancy



Swelling, redness, or pain of your leg



Extreme swelling of your hands or face



Overwhelming tiredness

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: <https://saferbirth.org/aim-resources/aim-cornerstones/urgent-maternal-warning-signs/>



Take a photo to learn more

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

Serious maternal complications are rare, but they can happen to anyone during pregnancy or up to 1 year postpartum. Therefore, it is important that all expectant families be aware of the maternal warning signs.

1 Become familiar with the maternal warning signs education video:



Scan QR code to watch video or visit maternalwarningsigns.org.

2 Discuss with your maternity care provider:

- Which signs are you already familiar with?
- Which signs are you concerned about?
- What questions do you have?

3 Make a plan:

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

Write in location: _____

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

Write in names: _____

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

Write in your provider's name and number: _____

Which emergency room will you go to if you cannot reach your maternity care provider?

Write in ER name: _____

4 Know what to tell your provider:

If you experience one of these signs, use this guide from the Centers for Disease Control and Prevention to start the conversation with your healthcare provider.¹

"Thank you for seeing me. I am _ (weeks) pregnant OR I was recently pregnant and gave birth on _____ (date).

I'm having serious concerns about my health that I'd like to talk to you about.

I am having ____ (state symptom) that feels like _ (describe in detail) and has been lasting _____ (number of hours/days).

I know my body and this doesn't feel normal."

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?



¹cdc.gov/hearher