

PREGNANCY/POST BIRTH WARNING SIGNS

Follow these guidelines for who to call if you experience any of the following at any time during pregnancy or after.

3 Signs you should call 911



Pain in the chest or fast beating heart: You might have a blood clot in your lungs or a problem with your heart



Trouble breathing: You might have a blood clot in your lungs or a problem with your heart



Thoughts of hurting yourself or someone else: You might have postpartum depression

11 Signs you should call your health care provider (Call 911 or go to the ER if they cannot be reached)



Dizziness/fainting: You might have preeclampsia, heart or lung problems, stroke, or bleeding



Headache that will not go away with medicine or gets worse over time: You might have high blood pressure or post birth preeclampsia



Eye problems: You might have preeclampsia or stroke



Swelling of the hands or face: If the swelling happens quickly and includes your wrists, you may have preeclampsia



Extreme tiredness: You might have depression, a low number of red blood cells, or heart disease



Pain in your belly that does not go away: You might have high blood pressure or post birth preeclampsia



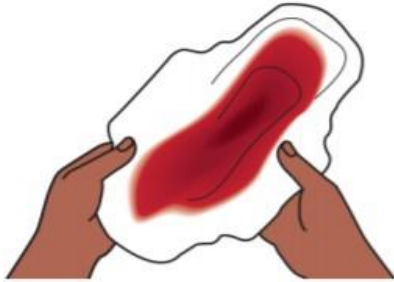
Throwing up (Not like morning sickness): You might have a viral infection, food poisoning, or a problem with your liver or pancreas



Baby takes longer than normal for you to feel 10 movements during pregnancy: It might be a sign of an infection, not enough fluid for the baby, or fetal distress



Fever of 100.4 degrees F or higher after pregnancy: It might be an infection



Bleeding through one pad/hour during or after pregnancy: It might mean you are bleeding too much



Swelling, redness, or pain in the leg: It might be a blood clot

Tell 911 or your health care provider:
I am due on _____ . I gave birth on _____
and I am experiencing _____
[state warning sign from above]

**TRUST
YOURSELF**

Always get medical care if you do not feel well or have questions.