

ARE YOU PREGNANT OR HAVE YOU BEEN PREGNANT IN THE LAST 12 MONTHS?

Maternal Warning Signs



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



**Dizziness
or fainting**



**Thoughts about
hurting yourself
or your baby**



**Extreme swelling of
your hands or face**



Changes in your vision



**Vaginal bleeding
or fluid leaking
during pregnancy**



**Severe belly
pain that doesn't
go away**



**Chest pain or
fast-beating
heart**



**Incision that
is not healing**



**Baby's movements
stopping or
slowing down**



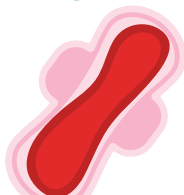
**Feeling down,
depressed, or
hopeless**



**Overwhelming
tiredness**



**Severe nausea and
throwing up (not like
morning sickness)**



**Vaginal bleeding or fluid
leaking after pregnancy
(Soaking through pad in
1 hour or less; blood clot
size of egg or larger)**



**Swelling, redness,
or pain of your leg**



**Trouble
breathing**

SPEAK UP!
Even if you have
just **ONE** of
these signs!

"I gave birth on (date)
and I am having
(specific warning signs)."

For more information or to
print additional fliers visit:
www.maternalhealthms.org

**Call your healthcare provider if you have any of these symptoms.
If you cannot reach your healthcare provider, go to the emergency room.**

These could be signs of very serious complications during and/or after pregnancy (up to 12 months).

This list is not meant to cover every symptom you might have. **ALWAYS** talk to your
healthcare provider if you are not feeling well or have questions or concerns.

National Maternal Mental Health Hotline: 1-833-852-6262 (Call or Text)

This list is a combination of urgent maternal warning signs developed by the Council on Patient Safety in Woman's Health Care and information from:

HRSA Maternal & Child Health. (2024). Maternal Mental Health. Retrieved August 28, 2024 from <https://mchb.hrsa.gov/programs-impact/national-maternal-mental-health-hotline/maternal-mental-health>
March of Dimes. (2023). Warning signs of postpartum health problems. Retrieved August 28, 2024 from <https://www.marchofdimes.org/find-support/topics/postpartum/warning-signs-postpartum-health-problems>

**Fever of 100.4°F
or higher or
96.8° or lower**