

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



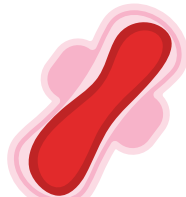
Feeling down, depressed, or hopeless



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)."



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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)

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

