

Maternal Warning Signs

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

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

- 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
- Feeling down, depressed, or hopeless
- Baby's movements stopping or slowing down
- Trouble breathing
- Fever of 100.4°F or higher or 96.8°F or lower
- Severe nausea and throwing up (not like morning sickness)
- Overwhelming tiredness
- 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
- Incision that is not healing

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

I gave birth on _____ (Date) _____ (Doctor's Name) _____ (Doctor's Phone Number)

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