



TELL US IF YOU ARE PREGNANT OR HAVE BEEN PREGNANT IN THE LAST 12 MONTHS

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

Go to **www.maternalhealthms.org** for more resources.

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>