



## WARNING SIGNS TO KNOW DURING AND AFTER PREGNANCY

CALL YOUR DOCTOR OR GO TO THE HOSPITAL IF YOU ARE EXPERIENCING ANY OF THE FOLLOWING SYMPTOMS DURING OR AFTER YOUR PREGNANCY. REMEMBER TO SAY THAT YOU ARE PREGNANT OR RECENTLY GAVE BIRTH.



### URGENT WARNING SIGNS AND SYMPTOMS DURING PREGNANCY

- A headache that does not get better, even after taking medicine
- Dizziness or fainting
- Fever of 100.4F or higher
- Swelling, redness, or pain in your leg
- Trouble breathing
- Severe nausea or vomiting
- Baby's movement slowing down or stopping
- Overwhelming tiredness
- Chest pain or fast-beating heart
- Changes in your vision



This project is supported by the Health Resources and Services Administration (HRSA) of the U.S. Dept. of Health & Human Services (HHS) under Maternal Child Health Title V Funding. This information or content and conclusions are those of the presenters and should not be construed as the official position or policy of, nor should any endorsements be inferred by HRSA, HHS, or the U.S. Government.

### EARLY LABOR SIGNS AND SYMPTOMS BEFORE 37 WEEKS GESTATION

- Contractions (abdomen tightens like a fist) every 10 minutes or more often
- Change in vaginal discharge – a significant increase in the amount of discharge, leaking fluid or bleeding from the vagina
- Pelvic pressure – the feeling that the baby is pushing down
- Low, dull backache
- Cramps that feel like a menstrual period cramps
- Abdominal cramps with or without diarrhea

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### POST-BIRTH WARNING SIGNS AND SYMPTOMS

- **P**ain in chest
- **O**bstructed breathing or shortness of breath
- **S**eizures
- **T**houghts of hurting yourself or someone else
- **B**leeding, soaking through one pad/hour, or blood clots, the size of an egg or bigger
- **I**ncision that is not healing
- **R**ed or swollen leg, that is painful or warm to touch
- **T**emperature of 100.4F or higher
- **H**eadache that does not get better, even after taking medicine, or a bad headache with vision changes

**Health issues can still arise post-birth. Schedule post-birth visits with your doctor to monitor your recovery.**



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