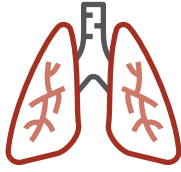


# Urgent Maternal Warning Signs

Call 911 if you have...



Trouble breathing



Chest pain or rapid heartbeat



Seizures



Thoughts of hurting yourself or your baby

If you experience these symptoms during or after pregnancy, contact your health care provider to get help right away. If you can't reach your physician, go to the emergency department.

**Remember to say that you're pregnant or have been pregnant within the last year.**



Persistent, severe belly pain



Overwhelming Exhaustion



Fever



Vision Changes



Intense Anxiety



Stopped or slowed fetal movements



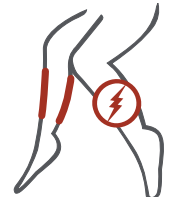
Vaginal bleeding or fluid leaking during pregnancy



Extreme swelling in your hands or face



A non-healing incision



Swelling, redness, or pain in your leg(s)



Severe nausea and vomiting (not morning sickness)



Persistent headaches, dizziness, or fainting



Vaginal bleeding soaking through more than 1 pad, 1 hour after pregnancy



Feelings of depression or less interest in things you enjoy



Scary or upsetting thoughts that won't go away



## Learn More

Scan the QR code or visit [saferbirth.org/aim-resources/aim-cornerstones/urgent-maternal-warning-signs](https://saferbirth.org/aim-resources/aim-cornerstones/urgent-maternal-warning-signs).

