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.

This resource has been adapted with permission from the American College of Obstetricians and Gynecologists, Council on Patient Safety in Women’s Health Care; Urgent Maternal Warning Signs, V1 May 2020.