PREGNANCY/POST BIRTH WARNING SIGNS

Follow these guidelines for who to call if you experience any of the following at any time during pregnancy or after.

3 Signs you should call 911

- **Pain in the chest or fast beating heart:** You might have a blood clot in your lungs or a problem with your heart
- **Trouble breathing:** You might have a blood clot in your lungs or a problem with your heart
- **Thoughts of hurting yourself or someone else:** You might have postpartum depression

11 Signs you should call your health care provider (Call 911 or go to the ER if they cannot be reached)

- **Dizziness/fainting:** You might have preeclampsia, heart or lung problems, stroke, or bleeding
- **Headache that will not go away with medicine or gets worse over time:** You might have high blood pressure or post birth preeclampsia
- **Eye problems:** You might have preeclampsia or stroke
- **Swelling of the hands or face:** If the swelling happens quickly and includes your wrists, you may have preeclampsia
- **Extreme tiredness:** You might have depression, a low number of red blood cells, or heart disease
- **Pain in your belly that does not go away:** You might have high blood pressure or post birth preeclampsia
Throwing up (Not like morning sickness): You might have a viral infection, food poisoning, or a problem with your liver or pancreas.

Baby takes longer than normal for you to feel 10 movements during pregnancy: It might be a sign of an infection, not enough fluid for the baby, or fetal distress.

Fever of 100.4 degrees F or higher after pregnancy: It might be an infection.

Bleeding through one pad/hour during or after pregnancy: It might mean you are bleeding too much.

Swelling, redness, or pain in the leg: It might be a blood clot.

Tell 911 or your health care provider:
I am due on _______. I gave birth on _______ and I am experiencing ____________________________
[state warning sign from above]

TRUST YOURSELF
Always get medical care if you do not feel well or have questions.