Pregnant now or within the last year?

Get medical care right away if you experience any of the following symptoms:



Headache that won't go away or gets worse over time



Extreme swelling of your hands or face



Severe nausea and throwing up



Dizziness or fainting



Thoughts of harming yourself or your baby



Severe belly pain that doesn't go away



Changes in your vision



Trouble breathing



Baby's movement stopping or slowing during pregnancy



Fever of 100.4°F

or higher

Chest pain or fast beating heart



Severe swelling, redness or pain of your leg or arm



Vaginal bleeding or fluid leaking *during* pregnancy

Heavy vaginal bleeding or discharge *after* pregnancy



Overwhelming tiredness

These could be signs of very serious complications. If you can't reach a healthcare provider, go to the emergency room. Be sure to tell them you are pregnant or were pregnant within the last year.

Learn more at www.cdc.gov/HearHer







This list of urgent maternal warning signs was developed by the Council on Patient Safety in Women's Health Care.