

# PREGNANT NOW OR WITHIN THE LAST YEAR?

*Don't Ignore These Symptoms - Get Medical Care Immediately*

If you're pregnant or have been within the last year, it's critical to recognize the signs of serious complications. If you experience any of the following symptoms, seek medical attention immediately. If you can't reach your healthcare provider, go to the emergency room and inform them of your recent pregnancy.

## URGENT MATERNAL WARNING SIGNS:

- **Headache:** A headache that won't go away or worsens over time.
- **Dizziness or Fainting**
- **Vision Changes:** Any sudden changes in your vision.
- **Fever:** A fever of 100.4°F or higher.
- **Swelling:** Extreme swelling of your hands or face.
- **Thoughts of Harm:** Thoughts of harming yourself or your baby.
- **Breathing Issues:** Trouble breathing or chest pain with a fast-beating heart
- **Severe Nausea and Vomiting**
- **Severe Belly Pain:** Persistent severe pain in your belly.
- **Baby's Movement:** Reduced or no movement from your baby during pregnancy.
- **Leg or Arm Pain:** Severe swelling, redness, or pain in your leg or arm.
- **Vaginal Issues:** Vaginal bleeding or fluid leakage during pregnancy.
- **Postpartum Bleeding:** Heavy vaginal bleeding or discharge after pregnancy.
- **Overwhelming Tiredness**

## Spot the Signs & Save a Life

Remember, your health and your baby's health are the priority. Don't hesitate to seek help if something doesn't feel right.

