



WARNING SIGNS TO LOOK FOR DURING AND AFTER PREGNANCY

It's important for you to stay on top of your own health during and after pregnancy. Many heart-related problems can happen in the days and weeks after delivery — even up to a year later. Some symptoms, such as fatigue and mild pain, are expected after childbirth. But strange or sudden changes may be a sign of stroke, heart problems or other dangerous conditions.

Seek medical care right away if you have any worrisome symptoms during or after pregnancy, including:

- Severe or worsening headache
- Blurred vision or other vision changes
- Feeling dizzy, faint or disoriented
- A fever over 100.4 F
- Extreme weakness or fatigue
- Vaginal bleeding or foul discharge
- Abdominal pain
- Chest pain or racing heart
- Rapid or labored breathing
- Severe nausea or vomiting
- Unusual swelling of hands or face
- Redness, pain or swelling in arms or legs
- A slowing or stopping of fetal movement
- Severe anxiety or depression
- Thoughts of harming yourself or your child
- General ill feeling



Learn more at goredforwomen.org/Pregnancy.