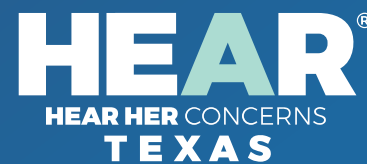


# Is your loved one pregnant or up to a year postpartum?

Knowing the **15 urgent maternal warning signs** can save her life.



## A Conversation Guide for Family and Friends

### How can you help?

- If a friend or loved one is pregnant or up to a year postpartum and she expresses concerns about symptoms she's experiencing, take the time to hear her.
- If she says something doesn't feel right, or if she's experiencing any of the urgent maternal warning signs described to the right, don't wait. Get medical care immediately.
- Learn the urgent maternal warning signs.
- She knows her body best. Empower her to tell her health care professional what she's feeling.
- Offer to go with her to get medical care and help her ask questions.
- Take notes and help her talk to a health care professional to get the support she needs.
- Ask for a translator if she doesn't speak the same language as her health care professional.
- Go with her to follow-up appointments. Help keep an eye on how she's feeling and whether symptoms improve or worsen.

### Urgent Maternal Warning Signs

- Headache that won't go away or gets worse over time
- Fever of 100.4° F or higher
- Dizziness or fainting
- Severe belly pain that doesn't go away
- Severe nausea and throwing up (not like morning sickness)
- Vaginal bleeding or fluid leaking *during* pregnancy
- Heavy vaginal bleeding or leaking fluid that smells bad *after* pregnancy
- Extreme swelling of your hands or face
- Changes in your vision
- Swelling, redness or pain of your leg or arm
- Chest pain or fast-beating heart
- Trouble breathing
- Overwhelming tiredness
- Thoughts about harming yourself or your baby
- Baby's movement stopping or slowing during pregnancy

*This list is not meant to cover every symptom a woman might experience during or after pregnancy. Learn more about urgent maternal warning signs at [HearHer.Texas.gov](https://HearHer.Texas.gov)*

## Hear Her Concerns: During and After Pregnancy

Complications can happen during pregnancy and for a year after. If your friend or family member says that something doesn't feel right, support her because she knows her body best. If she's experiencing an urgent maternal warning sign mentioned above or any other concerns, don't wait. Get her immediate medical attention. Use the phrases below to guide your conversation with her:

### During Pregnancy

- It's hard to tell what's normal with everything that's changing right now. It's better to check with a health care professional if there's anything you're worried about.
- It's important that we share this information with your health care professional and make sure everything is okay.
- I am here for you. Let's talk to a health care professional to get you the care you need.

### After Pregnancy

- It's normal to feel tired and have some pain after giving birth, but you know your body best. If something is worrying you, let's talk to your health care professional.
- While your new baby needs a lot of attention and care, it's important to take care of yourself, too.
- You are not alone. I hear you. Let's talk to a health care professional to get you the care you need.



Texas Department of State Health Services

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