

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



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

## 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 below, don't wait. Get medical care immediately. She knows her body best. Empower her to tell her health care professional what she's feeling.

## 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



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# Hear Her Concerns: During and After Pregnancy



If your loved one tells you something doesn't feel right, support her. Use these phrases to guide the 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 if there's anything you're worried about.
- It's important we share this information with your health care professional and make sure everything is okay.
- I'm here for you. Let's talk to a health care professional to get you the care you need.

## After Pregnancy

- You know your body best. If something doesn't feel right and it's worrying you, let's talk to your health care professional.
- Although the 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.



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