

If something doesn't feel right ...

Thoughts of harming
yourself or your baby

Severe, persistent
headache

Don't wait.

If you're pregnant or up
to a year postpartum,
know the 15 urgent
maternal warning signs
and seek help.

It can save your life.

HEAR[®]
HEAR HER CONCERNS
TEXAS



DSHS.Texas.gov/HearHerTX



TEXAS
Health and Human
Services

Texas Department of State
Health Services

Vaginal bleeding
or fluid leaking

