Look for Urgent Maternal Warning Signs.
You can help save her life.

HEAR®
HEAR HER CONCERNS
T E X A S

How can you help?

If a pregnant or recently pregnant woman expresses concerns about any symptoms she is having, take the time to hear her. If she says something doesn't feel right, or if she is experiencing an urgent maternal warning sign, she should get medical care right away. Empower her to tell her health care provider that she is pregnant or was pregnant in the last year.

Look for urgent maternal warning signs:

- Severe headache that won't go away or gets worse over time
- Dizziness or fainting
- Thoughts about harming herself or her baby
- Changes in vision
- Fever of 100.4°F (38°C) or higher
- Extreme swelling of hands or face
- Trouble breathing
- Chest pain or fast-beating heart
- Severe nausea and throwing up *(not like morning sickness)*
- Severe belly pain that doesn't go away
- Baby's movement stopping or slowing during pregnancy
- Vaginal bleeding or fluid leaking during pregnancy
- Heavy vaginal bleeding or leaking fluid that smells bad after pregnancy
- Swelling, redness or pain of her leg
- Overwhelming tiredness

Learn more at **dshs.texas.gov/HearHerTX**

Hear Her Concerns: During and After Pregnancy

If your loved one tells you that something doesn't feel right, support her. Use these phrases to guide the conversation.

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 are worried about.
- It's important that we share this information with your health care provider and make sure everything is okay.
- I am here for you. Let's talk to a health care provider 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, talk to your health care provider.
- Although 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 provider to get you the care you need.

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