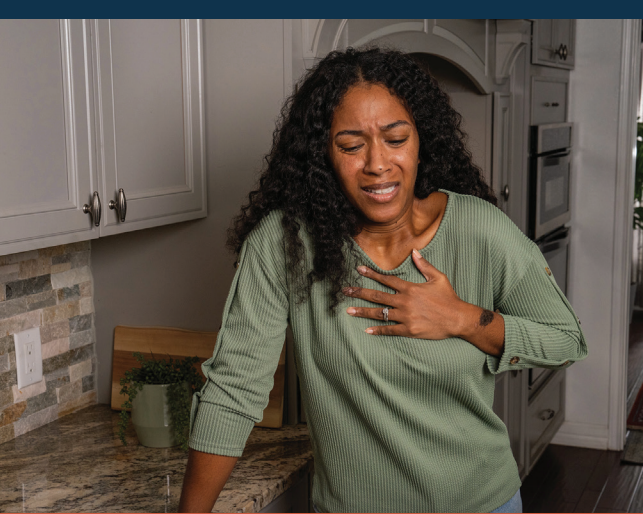


Pregnant or up to a year postpartum?

Get help if something doesn't feel right.

Knowing the **15 urgent maternal warning signs** and seeking help can save your life.



- 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

HEAR[®]
HEAR HER CONCERNS
TEXAS



Don't Wait! Get immediate help from a health care provider if you experience ANY of these symptoms or have additional health concerns.

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