

Urgent Maternal Warning Signs

Pregnant or gave birth within the last year? If you have any of these urgent warning signs, call 9-1-1 or go to the nearest Emergency Room/OB Triage!



Headache that won't go away or gets worse over time, with or without vision changes



Trouble breathing



Baby's movements stop or slow down



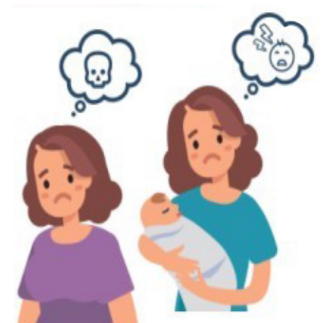
Seizures



Vaginal bleeding or fluid leaking *during* pregnancy



Severe belly pain that doesn't go away



Thoughts about hurting yourself or your baby

When you get to the Emergency Room/OB Triage, tell them:

- Your name
- You are pregnant OR had a cesarean or vaginal delivery on (date)
- Who your OB Provider is and where you delivered
- The warning sign you are experiencing

Trust your instincts! You know your body better than anyone else! It is OK to call 9-1-1 in an emergency.



DID YOU KNOW:

- In 2020 in the U.S., 861 women died from a problem related to pregnancy, and an estimated 50,000 women experienced severe pregnancy complications.*
- Women of color are three times more likely to die from a pregnancy-related cause than white women.^
- For every pregnancy-related death, two out of three are preventable!*

*Maternal Mortality Rates in the United States, 2020 (cdc.gov)

^Eugene Declercq and Laurie Zephyrin, Severe Maternal Morbidity in the United States: A Primer (Commonwealth Fund, Oct. 2021)

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Pregnant or gave birth within the last year? Call your OB Provider and say you need to **be seen today** if you have any of the following warning signs:



Fever



Extreme swelling of your hands or face



Leg pain, swelling or redness in your leg



Chest pain or fast-beating heart



Severe nausea and throwing up (not like morning sickness)



Dizziness or fainting



Overwhelming tiredness



Changes in your vision



Heavy vaginal bleeding (more than your period) after you give birth

When you reach the office or your OB Provider, tell them:

- Your name
- You are pregnant OR had a cesarean or vaginal delivery on (date)
- The warning sign you are experiencing and that you need to see/speak to your Provider **today**



If you cannot reach your OB Provider, go to the Emergency Room/OB Triage!

