You know your body best.

If you experience something that seems unusual or is worrying you, don't ignore it.

SISTERS CARE

Working to Reduce Black Maternal Mortality!

Learn about urgent warning signs and how to talk to your healthcare provider.

If you are pregnant or gave birth within the last year, it's important to talk to your healthcare provider about anything that doesn't feel right.

If you experience any of these warning signs, get medical care immediately:

- **Severe headache that won't go away or gets worse over time**
- **Dizziness or fainting**
- **Thoughts about harming yourself or your baby**
- **Changes in your vision**
- **Fever of 100.4° F or higher**
- **Extreme swelling of your hands or face**
- **Trouble breathing**
- **Severe nausea and throwing up (not like morning sickness)**
- **Chest pain or fast-beating heart**
- **Severe belly pain that doesn't go away**
- **Baby's movement stopping or slowing down 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 your leg**
- **Overwhelming tiredness**

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GHWINS

Use This Guide to Help Start the Conversation:

- Thank you for seeing me. I am/was recently pregnant. The date of my last period/delivery was _____ and I'm having serious concerns about my health that I'd like to talk to you about.
- I have been having _____ (symptoms) that feel like _____ (describe in detail) and have been lasting _____ (number of hours/days).
- I know my body and this doesn't feel normal.

Sample questions to ask:

- What could these symptoms mean?
- Is there a test I can have to rule out a serious problem?
- At what point should I consider going to the emergency room or calling 911?

TIPS:

- Bring this conversation starter and any additional questions you want to ask to your provider.
- Be sure to tell them that you are pregnant or have been pregnant within a year.
- Tell the doctor or nurse what medication you are currently taking or have recently taken.
- Take notes and ask more questions about anything you didn't understand.

Information adapted from the Centers for Disease Control and Prevention (CDC).