Listening and Acting Quickly

could help save her life

SISTERS CARE

Working to Reduce Black Maternal Mortality!

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, encourage her to seek medical help. If she is experiencing an urgent maternal warning sign, she should get medical care right away. Be sure that she says she is pregnant or was pregnant within the last year.

Learn the urgent maternal warning signs:

- **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**
- **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 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**

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

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If your loved one shares that something doesn't feel right, here are some talking points to help with 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 doctor and make sure everything is okay.
- I am here for you. Let's talk to a healthcare 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, you should talk to your doctor.
- 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 healthcare provider to get you the care you need.