Pregnant now or within the last year?

Get medical care right away if you experience any of the following symptoms:

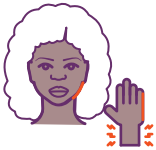
SISTERS CARE
Working to Reduce Black Maternal Mortality!

Headache that won't go away or gets worse over time

Dizziness or fainting

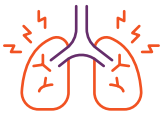
Changes in your vision

Fever of 100.4°F or higher



Extreme swelling of your hands or face

Thoughts of harming yourself or your baby



Trouble breathing

Chest pain or fast beating heart

Severe nausea and throwing up

Severe belly pain that doesn't go away

Baby's movement stopping or slowing during pregnancy

Severe swelling, redness or pain of your leg or arm

Vaginal bleeding or fluid leaking *during* pregnancy

Heavy vaginal bleeding or discharge *after* pregnancy

Overwhelming tiredness

These could be signs of very serious complications. If you can't reach a healthcare provider, go to the emergency room. Be sure to tell them you are pregnant or were pregnant within the last year.

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