Listening and Acting Quickly

could help save her life.

How Can You Help?

Mothers are the key to life. It is important to keep mothers healthy and safe during and after pregnancy by hearing their concerns and ensuring they get the care they need. 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
- Heavy vaginal bleeding or leaking fluid that smells bad after pregnancy
- 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
- Swelling, redness or pain of your leg
- Overwhelming tiredness

Learn more about the CDC's Hear Her Campaign at www.cdc.gov/HearHer/AIAN