You Know Your Body Best

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

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.

While it can be difficult to talk about, it's important to get medical care immediately if you experience any of 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

MATERNAL MORTALITY
PREVENTION IN INDIAN COUNTRY

SPTHB SOUTHERN PLAINS TRIBAL HEALTH BOARD