

Postpartum Alert Warning Signs

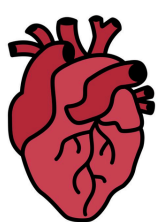
Your Health is a Priority.

Watch for these signs if you are pregnant or postpartum.

Understand the warning signs of postpartum complications—together, we can save lives. If you are pregnant or have given birth in the past six weeks, you could be at risk for serious health issues. If you or someone you know experiences any of the symptoms listed below, take immediate action.



Act Fast, Call 911 immediately if you experience:



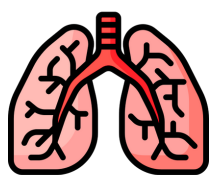
Chest pain



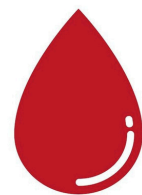
Thoughts of harming yourself or others



Seizures



Hard to breathe or short of breath



Unstoppable vaginal bleeding



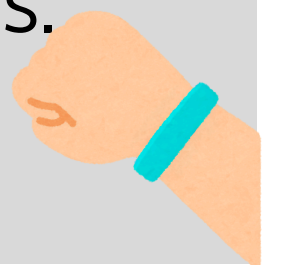
High Alert, Call Your Health Care Provider for:

- Heavy vaginal bleeding (soaking 1 or more pads in an hour)
- Egg-sized or larger blood clots
- Leg pain or swelling (red, tender, or warm to touch)
- High fever (100.4°F or higher)
- Severe headaches (not relieved by medication)
- Blurry vision or seeing spots
- Severe dizziness or fainting
- Extreme swelling (hands, face, or feet)
- Unusual fatigue (not improved with rest)
- High blood pressure (above 160/110)



Scan to learn more about postpartum alert wristbands and warning signs.

- Wear your wristband for **6 weeks** continuously (including during showers).
- Show your wristband and share your symptoms with healthcare providers.
- Share this information with family and caregivers.



#POSTPARTUMALERT

