

# Postpartum Alert Warning Signs

(Keep this card with you for quick reference)

**GET HELP, ACT FAST!**

**Call 911 immediately if you experience:**



- Chest pain
- Unstoppable vaginal bleeding
- Thoughts of harming yourself or others
- Shortness of breath
- Seizures

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



## High Alert, Call Your Health Care Provider for:

- Heavy vaginal bleeding (soaking a pad in 1 hour)
- Egg-sized blood clots
- Severe headaches or blurry vision
- High fever (100.4°F or higher)
- Painful, red, or swollen legs
- Extreme swelling (hands, feet, or face)
- Dizziness or fainting
- High blood pressure (above 160/110)



### Emergency Contact Numbers

Your Doctor: \_\_\_\_\_

Emergency Room: \_\_\_\_\_



Take a photo  
to learn more



#POSTPARTUMALERT