

Postpartum Alert Warning Signs



ACT FAST, Call 911 Immediately for:



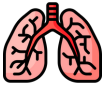
Chest pain



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:

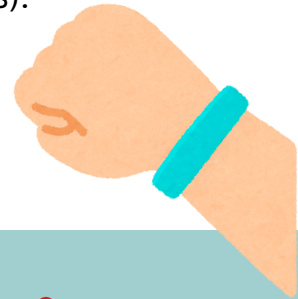
- Heavy vaginal bleeding
(Soaking through one or more pads in an hour)
- Large clots: Egg-sized or larger
- Painful, red, or swollen legs
- Fever of 100.4°F or higher
- Severe headache: Not relieved by medication
- Blurry vision or seeing spots
- Dizziness or feeling faint
- Severe swelling: Worsening over time
- Extreme fatigue: Not relieved by rest
- High blood pressure:
(Above 160 (systolic) or 110 (diastolic))

Symptom Tracker

Warning Sign or Blood Pressure

Date & Time

- 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.



Emergency Contact Numbers

Your Doctor: _____

Emergency Room: _____



Take a photo
to learn more

