

WARNING SIGNS TO KNOW DURING AND AFTER PREGNANC

CALL YOUR DOCTOR OR GO TO THE HOSPITAL IF YOU ARE EXPERIENCING ANY OF THE FOLLOWING SYMPTOMS DURING OR AFTER YOUR PREGNANC:



URGENT WARNING SIGNS AND SYMPTOMS DURING PREGNANCY

- Dizziness or fainting get better, even after taking A headache that does not
- Trouble breathing
- Swelling, redness, or pain in your leg

Fever of 100.4F or higher

- Severe nausea or vomiting
- or stopping

Baby's movement slowing down

- Overwhelming tiredness
- Changes in your vision
- Chest pain or fast-beating heart

EARLY LABOR SIGNS AND **SYMPTOMS BEFORE 37** WEEKS GESTATION

- Contractions (abdomen tightens like a fist) every 10 minutes or more often
- Change in vaginal discharge amount of discharge, leaking a significant increase in the fluid or bleeding from the vagina
- Pelvic pressure the feeling that the baby is pushing down
- Low, dull backache
- Cramps that feel like a
- menstrual period cramps
- Abdominal cramps with or without diarrhea

DEPT. OF HEALTH AND HUMAN SERVICES Good Life, Great Mission. NEBRASKA

PH-PAM-30 6/21

POST-BIRTH WARNING SIGNS AND SYMPTOMS

- Obstructed breathing or Pain in chest
- shortness of breath
- Thoughts of hurting yourself or someone else
- Bleeding, soaking through one pad/hour, or blood clots, the size
- of an egg or bigger
- Red or swollen leg, that is painful Incision that is not healing
- Temperature of 100.4F or higher or warm to touch
- Headache that does not get better, even after taking with vision changes medicine, or a bad headache

post-birth. Schedule post-birth Health issues can still arise visits with your doctor to monitor your recovery.



URGENT WARNING SIGNS

AND SYMPTOMS DURING

PREGNANCY

- A headache that does not get better, even after taking medicine
- Fever of 100.4F or higher Dizziness or fainting
- Swelling, redness, or pain in your leg
- Trouble breathing
- Severe nausea or vomiting
- Baby's movement slowing down or stopping
- Overwhelming tiredness
- Chest pain or fast-beating heart

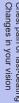


SYMPTOMS BEFORE 37 WEEKS GESTATION

CALL YOUR DOCTOR OR GO TO THE HOSPITAL IF YOU ARE EXPERIENCING ANY OF THE FOLLOWING SYMPTOMS DURING OR AFTER YOUR PREGNANC

WARNING SIGNS TO KNOW DURING AND AFTER PREGNANCY

- more often
- the baby is pushing down
- Cramps that feel like a



- Change in vaginal discharge like a fist) every 10 minutes or Contractions (abdomen tightens
- amount of discharge, leaking a significant increase in the

Bleeding, soaking through one

pad/hour, or blood clots, the size

someone else

Thoughts of hurting yourself or

- Low, dull backache
- menstrual period cramps
- NEBRASKA



DEPT, OF HEALTH AND HUMAN SERVICE: Good Life, Great Mission. PH-PAM-30 6/21

EARLY LABOR SIGNS AND

POST-BIRTH WARNING SIGNS

AND SYMPTOMS

Obstructed breathing or Pain in chest

shortness of breath

Seizures

- Pelvic pressure the feeling that fluid or bleeding from the vagina

- Abdominal cramps with or

Headache that does not or warm to touch

get better, even after taking Temperature of 100.4F or higher

with vision changes medicine, or a bad headache

Health issues can still arise

Red or swollen leg, that is painful Incision that is not healing of an egg or bigger

without diarrhea





post-birth. Schedule post-birth visits with your doctor to monitor your recovery.



WARNING SIGNS TO KNOW DURING AND AFTER PREGNANCY CALL YOUR DOCTOR OR GO TO THE HOSPITAL IF YOU ARE EXPERIENCING NY OF THE FOLLOWING SYMPTOMS DURING OR AFTER YOUR PREGNANCY

REMEMBER TO SAY THAT YOU ARE PREGNANT OR RECENTLY GAVE BIRTH

EARLY LABOR SIGNS AND

POST-BIRTH WARNING SIGNS

AND SYMPTOMS

SYMPTOMS BEFORE 37

WEEKS GESTATION

REMEMBER TO SAY THAT YOU ARE PREGNANT OR RECENTLY GAVE BIRTH INY OF THE FOLLOWING SYMPTOMS DURING OR AFTER YOUR PREGNANC ALL YOUR DOCTOR OR GO TO THE HOSPITAL IF YOU ARE EXPERIENCING

WARNING SIGNS TO KNOW DURING AND AFTER PREGNANCY





- AND SYMPTOMS DURING PREGNANCY
- A headache that does not get better, even after taking medicine
- Fever of 100.4F or higher Dizziness or fainting
- Swelling, redness, or pain in your leg

Bleeding, soaking through one Thoughts of hurting yourself or

pad/hour, or blood clots, the size

someone else

- Trouble breathing
- Baby's movement slowing down Severe nausea or vomiting

Baby's movement slowing down

Severe nausea or vomiting

Trouble breathing

your leg

or stopping

Cramps that feel like a

Low, dull backache

Abdominal cramps with or menstrual period cramps

Headache that does not

Temperature of 100.4F or higher

get better, even after taking

medicine, or a bad headache

or warm to touch

Red or swollen leg, that is painful Incision that is not healing of an egg or bigger

without diarrhea

Pelvic pressure - the feeling that

the baby is pushing down fluid or bleeding from the vagina amount of discharge, leaking a significant increase in the

Change in vaginal discharge

more often

Contractions (abdomen tightens

Obstructed breathing or

shortness of breath Pain in chest

like a fist) every 10 minutes or

Changes in your vision Chest pain or fast-beating heart Overwhelming tiredness Swelling, redness, or pain in

Fever of 100.4F or higher Dizziness or fainting get better, even after taking A headache that does not

AND SYMPTOMS DURING **URGENT WARNING SIGNS**

PREGNANCY

- Overwhelming tiredness or stopping
- Chest pain or fast-beating hear
- Changes in your vision
- with vision changes

post-birth. Schedule post-birth Health issues can still arise visits with your doctor to monitor your recovery.

Good Life, Great Mission. NEBRASKA

PH-PAM-30 6/21



EARLY LABOR SIGNS AND **SYMPTOMS BEFORE 37**

like a fist) every 10 minutes or Contractions (abdomen tightens more often

WEEKS GESTATION

- amount of discharge, leaking Change in vaginal discharge a significant increase in the
- Pelvic pressure the feeling that the baby is pushing down fluid or bleeding from the vagina
- Cramps that feel like a Low, dull backache
- Abdominal cramps with or without diarrhea menstrual period cramps



PH-PAM-30 6/21



POST-BIRTH WARNING SIGNS AND SYMPTOMS

- Pain in chest
- Obstructed breathing or shortness of breath
- Thoughts of hurting yourself or Seizures someone else
- of an egg or bigger pad/hour, or blood clots, the size Bleeding, soaking through one
- Red or swollen leg, that is painful Incision that is not healing
- Headache that does not get better, even after taking or warm to touch with vision changes medicine, or a bad headache Temperature of 100.4F or higher

post-birth. Schedule post-birth Health issues can still arise visits with your doctor to monitor your recovery.









