

CONNECTICUT
URGENT MATERNAL
WARNING SIGNS
**BRACELET
INITIATIVE**

HAVE YOU BEEN PREGNANT IN THE PAST 12 MONTHS? WATCH FOR THESE WARNING SIGNS



Headache that
won't go away or
gets worse over time



Dizziness or
fainting



Changes in
your vision



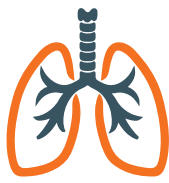
Body temperature
of 100.4°F or higher,
or 96.8°F or lower



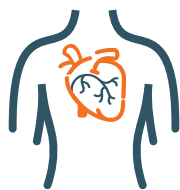
Extreme swelling
of your hands
or face



Thoughts of
harming yourself
or your baby



Trouble
breathing



Chest pain or
fast-beating
heart



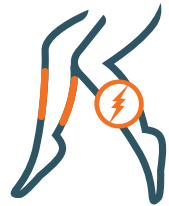
Severe nausea and
throwing up



Seizure



Problems urinating
or changes in urine



Severe swelling,
redness, or pain
of your leg or
arm



Incision that is
not healing



Overwhelming
tiredness



Bleeding, soaking
through one pad per
hour, or blood clots the
size of an egg or bigger

If you have any of these symptoms after pregnancy, contact your healthcare provider and get help right away. If you can't reach your provider, go to an emergency department or call 911.

Be sure to tell them you were pregnant within the last year.



This list is not meant to cover every symptom you might have.
If you feel like something just isn't right, seek care.



ABOUT THE STATEWIDE BRACELET INITIATIVE

The *Connecticut Urgent Maternal Warning Signs Bracelet Initiative* helps keep you safe by making it easier to spot and treat serious postpartum health problems. Hospitals across the state are distributing orange bracelets for patients to wear as a reminder to watch for urgent maternal warning signs and get help quickly if they appear.



Learn more at
cthosp.org/bracelet