



## WHY YOU'RE GETTING AN ORANGE BRACELET AND ARE ENCOURAGED TO WEAR IT



**WEAR** the orange bracelet for 12 weeks. It signals to healthcare professionals and emergency personnel that you're postpartum.



**MONITOR** for urgent maternal warning signs. Serious complications can occur up to a year postpartum.



**SEEK CARE** immediately if you experience any concerning symptoms. It could save your life.

### 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.

Scan the QR code for important information  
and resources, or visit [cthosp.org/bracelet](https://cthosp.org/bracelet)



# 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.

