

# Pregnant now or within the last year?

Get medical care right away if you experience any of the following symptoms:



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



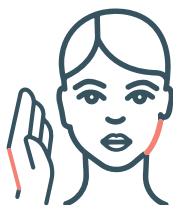
**Dizziness or fainting**



**Changes in your vision**



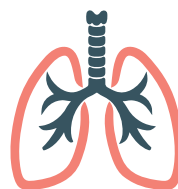
**Fever of 100.4°F or higher**



**Extreme swelling of your hands or face**



**Thoughts of harming yourself or your baby**



**Trouble breathing**



**Chest pain or fast beating heart**



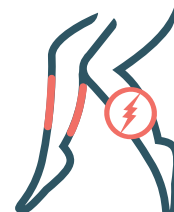
**Severe nausea and throwing up**



**Severe belly pain that doesn't go away**



**Baby's movement stopping or slowing during pregnancy**



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



**Vaginal bleeding or fluid leaking during pregnancy**



**Heavy vaginal bleeding or discharge after pregnancy**



**Overwhelming tiredness**

These could be signs of very serious complications. If you can't reach a healthcare provider, go to the emergency room. Be sure to tell them you are pregnant or were pregnant within the last year.



*This list of urgent maternal warning signs was developed by the Council on Patient Safety in Women's Health Care.*

**Learn more at [cdc.gov/HearHer](https://cdc.gov/HearHer)**