



Listening and Acting Quickly

could help save her life.

How Can You Help?

Mothers are the key to life. It is important to keep mothers healthy and safe during and after pregnancy by hearing their concerns and ensuring they get the care they need. If she says something doesn't feel right, encourage her to seek medical help. If she is experiencing an urgent maternal warning sign, she should get medical care right away. Be sure that she says she is pregnant or was pregnant within the last year.

Learn the urgent maternal warning signs:

- ☐ Severe headache that won't go away or gets worse over time
- ☐ Severe belly pain that doesn't go away
- ☐ Dizziness or fainting
- ☐ Baby's movement stopping or slowing down during pregnancy
- ☐ Thoughts about harming yourself or your baby
- ☐ Vaginal bleeding or fluid leaking during pregnancy
- ☐ Changes in your vision
- ☐ Heavy vaginal bleeding or leaking fluid that smells bad after pregnancy
- ☐ Fever of 100.4° F or higher
- ☐ Swelling, redness or pain of your leg
- ☐ Extreme swelling of your hands or face
- ☐ Overwhelming tiredness
- ☐ Trouble breathing
- ☐ Severe nausea and throwing up (not like morning sickness)
- ☐ Chest pain or fast-beating heart

Learn more about CDC's Hear Her Campaign at

www.cdc.gov/HearHer/AIAN

Hear Her

If your loved one shares that something doesn't feel right, here are some talking points to help with the conversation:

During Pregnancy

- It's hard to tell what's normal with everything that's changing right now. It's better to check if there's anything you are worried about.
- It's important that we share this information with your doctor and make sure everything is okay.
- I am here for you. Let's talk to a healthcare provider to get you the care you need.

After Pregnancy

- It's normal to feel tired and have some pain after giving birth, but you know your body best. If something is worrying you, you should talk to your doctor.
- Although your new baby needs a lot of attention and care, it's important to take care of yourself, too.
- You are not alone. I hear you. Let's talk to a healthcare provider to get you the care you need.

