



You Know Your Body Best

If you experience something that seems unusual
or is worrying you, don't ignore it.

Learn about urgent warning signs and how to talk to your healthcare provider.

If you are pregnant or gave birth within the last year, it's important to talk to your healthcare provider about anything that doesn't feel right.

While it can be difficult to talk about, it's important to get medical care immediately if you experience any of 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

Use This Guide to Help Start the Conversation:

- Thank you for seeing me. I am/was recently pregnant. The date of my last period/delivery was _____ and I'm having serious concerns about my health that I'd like to talk to you about.
- I have been having _____ (symptoms) that feel like _____ (describe in detail) and have been lasting _____ (number of hours/days).
- I know my body and this doesn't feel normal.

Sample questions to ask:

- What could these symptoms mean?
- Is there a test I can have to rule out a serious problem?
- At what point should I consider going to the emergency room or calling 911?

Notes:

- Tips:**
- Bring this conversation starter and any additional questions you want to ask to your provider.
 - Be sure to tell them that you are pregnant or have been pregnant within a year.
 - Tell the doctor, nurse, or midwife what medication you are currently taking or have recently taken.
 - Take notes and ask more questions about anything you didn't understand.