

Know the Warning Signs After Pregnancy — It Could Save Your Life

Most people have a healthy pregnancy, but there are certain warning signs after pregnancy that may mean more serious, life-threatening problems for you and your baby. Listen to your body. **If you experience any of these warning signs, speak to your health care provider right away or call 911.**



Severe headache or vision changes



Thoughts of suicide or hurting yourself, your baby or someone else*



Chest pain or heart beating too fast or skipping beats



A red or swollen arm or leg



A fever of 100.4 degrees Fahrenheit (or 38 degrees Celsius) or higher



C-section incision or episiotomy (vaginal tear) that is not healing



Seizure, in which you may experience unusual movements (such as shaking or jerking) and/or confusion



Vaginal bleeding that soaks through one or more pads per hour or discharge that is heavier or develops a bad odor

*If you or someone you know has been thinking about suicide, contact NYC Well to speak to a counselor 24/7: Call 888-NYC-WELL (888-692-9355), text "WELL" to 65173 or chat at nyc.gov/nycwell.

If you or someone you know is at immediate risk or in immediate danger, go to the emergency room or call 911.

For more information on warning signs both during and after pregnancy, ask your provider for a "Know the Warning Signs" palm card, or visit nyc.gov/health and search for **maternal health**.