

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

Listen to your body and trust your instincts.

Your body goes through many changes during pregnancy and up to one year after giving birth. The following warning signs may mean more serious, life-threatening problems for you and your baby.

Severe headache or vision change



- Sudden severe headache
- Headache that gets worse even after taking medicine
- Vision changes

Trouble breathing



- Trouble breathing or feeling like you cannot catch your breath

Chest or heart discomfort



- Chest pain
- Heart beating too fast or skipping beats

Fever



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

Seizure



- Any movements that are not usual for you, such as shaking or jerking
- Confusion about what is going on around you

Troubling thoughts*



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

*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**.

Severe belly pain or nausea



- Severe belly pain that does not go away
- Severe nausea or throwing up so you cannot eat or keep food down

Feeling faint or dizzy



- Feeling faint, fainting or blacking out
- Feeling dizzy or lightheaded, and it keeps happening or does not go away

Swelling



- Red or swollen arm or leg, which may be tender or warm to the touch
- Extreme swelling of your hands and fingers so it is difficult to bend your fingers or you cannot wear rings
- Swelling of your face, including puffy eyes
- Swelling of your mouth, lips or tongue

Fatigue



- Extreme tiredness that does not get better after resting

Change in baby movements (if you are pregnant)



- Baby moving less than normal

Vaginal bleeding or discharge



- Vaginal discharge with a bad smell
- Vaginal bleeding or fluid coming from your vagina (while you are pregnant)
- Vaginal bleeding that soaks through one or more pads per hour (after pregnancy)
- Blood clots the size of an egg or bigger (after pregnancy)

Issues with C-section incision or episiotomy healing



- C-section incision that is not healing
- Episiotomy (vaginal tear) repair that is not healing

Listen to your body. If you experience **any of these warning signs, contact your provider right away or call **911**.**

For more information, visit nyc.gov/health and search for **maternal health**.

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