

## Get Care for These Warning Signs

Call 911 if you have any of the following:



Pain in the chest, trouble breathing or shortness of breath (could indicate a blood clot in the lungs)

Seizures

Thoughts of hurting yourself or your baby (could indicate postpartum depression)

Call your obstetrician or midwife if you have any of the following:



If you cannot reach your obstetrician or midwife, seek immediate care (Urgent Care Center, Emergency Room)

Bleeding, soaking one pad an hour or passing blood clots the size of an egg or larger

Incision that is not healing

Red or swollen leg that is painful or warm to touch (could indicate a blood clot)

Temperature of 100.4°F or higher

Headache that does not get better after taking medicine, or a bad headache with vision changes (could indicate high blood pressure which could lead to stroke or seizures)

Trust your instincts: If you are not feeling well or have concerns, get medical care. Tell your obstetrician or midwife or 911 that you recently had a baby and tell them the baby's date of birth.