



15 Warning Signs TO WATCH OUT FOR DURING PREGNANCY

Serious health problems can happen during pregnancy and up to a year later.

Call your doctor right away if you have any of these symptoms:

Sudden, bad headache

- Doesn't go away
- Gets worse over time
- Feels like the worst headache of your life



Dizziness or fainting

- Passing out
- Feeling lightheaded for days
- Memory gaps



Vision problems

- Flashing lights
- Blind spots
- Blurred vision
- Seeing double



Fever over 100.4 degrees with or without:

- Diarrhea or throwing up
- Bad belly or back pain
- Trouble peeing
- Vaginal discharge that smells bad



Severe swelling in face or hands

- Can't bend your fingers or wear rings
- Trouble opening your eyes
- Swollen or numb lips and mouth



Leg swelling, redness, or pain

- May hurt when touched
- May feel warm to the touch
- May hurt when flexing your feet



Trouble breathing

- Shortness of breath
- Tightness in your chest or throat
- Problems breathing when lying down



Severe nausea and throwing up

- Worse than normal morning sickness
- Can't keep food or water down
- May have dry mouth, headaches, fever, confusion, or dizziness



Bad belly pain that doesn't go away

- Sharp, stabbing pain or cramping
- May be sudden or get worse over time
- May also have chest, shoulder, or back pain



Chest pain or pressure

- Pain in the back, neck, or arm
- Racing or irregular heartbeat
- Dizziness, fainting, or shortness of breath



Change in baby's movements

- Fewer kicks
- Less movement
- Anything that seems different



Vaginal bleeding or discharge during pregnancy

- More than light spotting
- May be blood or fluid
- Smells bad



Vaginal bleeding or discharge after pregnancy

- Heavy bleeding
- May pass big clots or tissue
- Smells bad



Extreme tiredness

- Sleep doesn't help
- Feel too weak to get through your day
- Can't take care of your baby

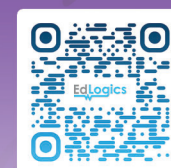


Dangerous or suicidal thoughts

- Thinking about hurting yourself or your baby
- Feeling very sad, hopeless, or helpless
- Constant worrying
- Life feels out of control



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MATERNAL HEALTH
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