

# SAVE YOUR LIFE:

## Get Care for These POST-BIRTH Warning Signs

Learn these POST-BIRTH warning signs—knowing what to do can save your life!



POST-BIRTH  
WARNING  
SIGNS

**Call 911**  
if you have:

- P**ain in chest
- O**bstructed breathing or shortness of breath
- S**eizures
- T**houghts of hurting yourself or someone else

**Call your healthcare provider**

if you have:  
(If you can't reach your provider, go to urgent care, an emergency room, or call 911)

- B**leeding, soaking through one pad/hour, or blood clots, the size of an egg or bigger
- I**ncision that is not healing
- R**ed or swollen leg, that is painful or warm to touch
- T**emperature of 100.4°F or higher
- H**eadache that does not get better, even after taking medicine, or bad headache with vision changes

**Tell 911 or your healthcare provider:**

“I gave birth on [ *date* ] and I am having [ *specific warning signs* ].”



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