Pregnant now or within the last year?

Get medical care right away if you experience any of the following symptoms:

- Headache that won’t go away or gets worse over time
- Dizziness or fainting
- Changes in your vision
- Fever of 100.4 °F or higher
- Extreme swelling of your hands or face
- Thoughts of harming yourself or your baby
- Trouble breathing
- Chest pain or fast beating heart
- Severe nausea and throwing up
- Severe belly pain that doesn’t go away
- Baby’s movement stopping or slowing during pregnancy
- Severe swelling, redness or pain of your leg or arm
- Vaginal bleeding or fluid leaking during pregnancy
- Heavy vaginal bleeding or discharge after pregnancy
- Overwhelming tiredness

These could be signs of very serious complications. If you can’t reach a healthcare provider, go to the emergency room. Be sure to tell them you are pregnant or were pregnant within the last year.

Learn more at [www.cdc.gov/HearHer](http://www.cdc.gov/HearHer)