

[Onscreen] DHHS and CDC logo.

[Music]

[Onscreen text] Allyson Felix, Most decorated track and field athlete.

As an Olympic athlete I prepare for everything. So when I became pregnant, I thought I was ready.

But at 32 weeks, I was diagnosed with severe pre-eclampsia and had an emergency c-section. Looking back, had I known the warning signs, I would have talked to my doctor sooner.

Too many women die of pregnancy-related complications and most are preventable.

If you or someone you know is pregnant or recently had a baby, learn the warning signs. It could help save her life.

Hear Her.

[Onscreen] Hear Her. Learn more at cdc.gov/HearHer.