

MATERNAL MORTALITY PREVENTION

Keeping moms safe and healthy throughout pregnancy and after

According to the CDC, over seven hundred women die each year in the U.S. as a result of complications related to pregnancy or delivery. **Women know their bodies better than anyone** and can tell when something doesn't feel right. They should be able to and encouraged to speak up about concerns, fears, and doubts during pregnancy and postpartum (the year after birth).

For more: cdc.gov/hearher/

During pregnancy and in the year after delivery, **be aware of these urgent maternal (related to mom) warning signs and symptoms**. Talk to a healthcare provider immediately if you experience any of them:

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