

STAY ALERT

Know the Signs to Get Help During Pregnancy



Pregnancy-related deaths are a growing concern, especially for Black women, who are three times more likely to die from complications during pregnancy than White women.

Keep an eye out for urgent warning signs during pregnancy and the year after giving birth. For your safety and that of your baby, seek medical attention immediately.

- ✔ **Persistent Headache**
A headache that gets worse over time or does not go away with usual treatment.
- ✔ **Extreme Swelling**
Unusual swelling of the hands or face, making it hard to bend fingers or open eyes fully.
- ✔ **Dizziness or Fainting**
Ongoing or intermittent dizziness and lightheadedness, or any loss of consciousness.
- ✔ **Thoughts of Harm**
Any thoughts about harming yourself or your baby.
- ✔ **Vision Changes**
Seeing flashes of light, bright spots, blind spots, or experiencing temporary blindness.
- ✔ **Trouble Breathing**
Sudden or gradual difficulty breathing, tightness in the throat or chest.
- ✔ **High Fever**
A temperature of 100.4°F (38°C) or higher.
- ✔ **Chest Pain or Fast Heartbeat**
Chest pain or changes in heartbeat, including a fast or irregular heart rate.
- ✔ **Severe Nausea and Vomiting**
Nausea or vomiting that is severe and prevents you from eating or drinking.



Cook County DEPT. of Public Health

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To view the Illinois Maternal Morbidity and Mortality Report, Illinois Department of Public Health, October 2023, visit or click bit.ly/48w1zha.