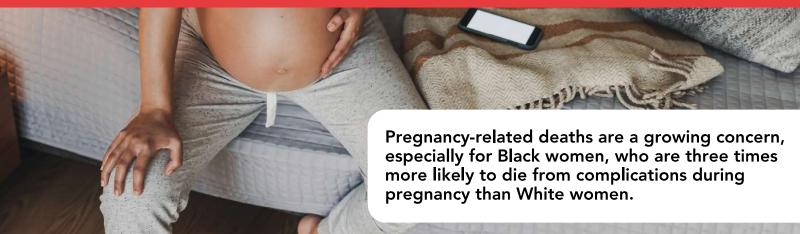
# **STAY ALERT**Know the Signs to Get Help During Pregnancy





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.

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#### **Persistent Headache**

A headache that gets worse over time or does not go away with usual treatment.

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#### **Dizziness or Fainting**

Ongoing or intermittent dizziness and lightheadedness, or any loss of consciousness.

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# **Vision Changes**

Seeing flashes of light, bright spots, blind spots, or experiencing temporary blindness.

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## **High Fever**

A temperature of 100.4°F (38°C) or higher.



#### **Extreme Swelling**

Unusual swelling of the hands or face, making it hard to bend fingers or open eyes fully.

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#### **Thoughts of Harm**

Any thoughts about harming yourself or your baby.

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## **Trouble Breathing**

Sudden or gradual difficulty breathing, tightness in the throat or chest.

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#### **Chest Pain or Fast Heartbeat**

Chest pain or changes in heartbeat, including a fast or irregular heart rate.

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## **Severe Nausea and Vomiting**

Nausea or vomiting that is severe and prevents you from eating or drinking.



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