

# How Do You Feel, Mama?



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You may have health problems up to a year after giving birth.

See a healthcare provider if you're experiencing any of these:



Bleeding that's not your period and is soaking one pad/hour, or clots egg-sized or bigger



Feeling sad or depressed



Incision that is not healing



Dizziness or fainting



Red or swollen leg that is painful or warm to touch



Overwhelming sleepiness



Temperature of 96.8° or less or 100.4° or more



Heart races, skips or flutters



Headache that does not improve, even after taking medicine



Vision changes (blurred vision, spots, or no vision)

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## CALL 911

Get medical help right away if you're experiencing any of these signs:



Pain in your chest



Seizures



Difficulty breathing or  
shortness of breath



Thoughts of hurting yourself  
or your baby

**You know your body best.** When seeking care for these concerning issues, mention all symptoms and let healthcare professionals know you have given birth within the last year.

*healthy*  
**Mom & Baby**  
POWERED BY THE MOTHER/BABY  
NURSES OF AWHONN

**HUGGIES**