



Keeping MOMS-TO-BE and NEW MOMS SAFE and HEALTHY

A healthy pregnancy is best for both mom and baby. Pregnancy and childbirth can put a woman's health at risk, but many pregnancy-associated deaths can be avoided.



BEFORE GETTING PREGNANT

It's important to understand your medical risks and to get as healthy as possible before pregnancy. Talk to your health care team about:

- Whether you have any signs of heart disease
- Your family health history
- Your blood pressure
- Whether you should lose or gain weight, and if so, how
- Getting 150 minutes of physical activity per week
- Healthy eating
- Sodium in your diet
- Whether prenatal vitamins are recommended
- Quitting any unhealthy substances, such as tobacco, alcohol, and marijuana or other drugs
- Safety in your home environment



DURING PREGNANCY

- Visit a health care provider regularly
- Take medication as prescribed
- Reduce stress and manage anxiety
- Monitor weight gain
- Avoid unhealthy habits such as smoking, alcohol and illegal drugs
- Follow extra precautions if you're older than 35



IN AND AROUND DELIVERY

- Watch for changes and take action
- If you have concerns about your health or the health of your baby, consult your health care provider immediately
- Some complications show up days after delivery
- Heart Rate and blood pressure normally decrease within 48 hours postpartum
- Blood pressure may increase again 3-6 days later due to fluid shifts. During this period, you should be monitored for complications.



AFTER DELIVERY

- Make your health a priority
- Get continued medical care
- Inform new health care providers about the pregnancy
- Monitor your mental health
- Find ways to be active
- Find time to sleep
- Eat nutritious food
- Rely on a support network

Learn the Warning Signs

It's important for you to stay on top of your own health. Many heart-related problems can happen in the days and weeks after delivery — even up to a year later.

Some symptoms, such as fatigue and mild pain, are expected after childbirth. But strange or sudden changes may be a sign of stroke, heart problems or other dangerous conditions.

Seek medical care right away if you have any worrisome symptoms during or after pregnancy, including:

- Severe or worsening headache
- Blurred vision or other vision changes
- Feeling dizzy, faint or disoriented
- A fever over 100.4 F
- Extreme weakness or fatigue
- Vaginal bleeding or foul discharge
- Abdominal pain
- Chest pain or racing heart
- Rapid or labored breathing
- Severe nausea or vomiting
- Unusual swelling of hands or face
- Redness, pain or swelling in arms or legs
- A slowing or stopping of fetal movement
- Severe anxiety or depression
- Thoughts of harming yourself or your child
- General ill feeling

