



# 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

