

# HAVE YOU BEEN PREGNANT IN THE PAST 12 MONTHS?

## WATCH FOR THESE WARNING SIGNS



Headache that  
won't go away or  
gets worse over time



Dizziness or  
fainting



Changes in  
your vision



Fever of 100.4°F  
or higher



Extreme swelling  
of your hands  
or face



Thoughts of  
harming yourself  
or your baby



Trouble  
breathing



Chest pain or  
fast-beating  
heart



Severe nausea  
and throwing up



Seizure



Problems urinating  
or changes in urine



Severe swelling,  
redness, or pain of  
your leg or arm



Incision that is  
not healing



Overwhelming  
tiredness



Bleeding, soaking through one pad  
per hour, or blood clots the size  
of an egg or bigger

If you have any of these symptoms after pregnancy, contact your healthcare provider and get help right away. If you can't reach your provider, go to an emergency department or call 911.

Be sure to tell them you were pregnant within the last year.



This list is not meant to cover every symptom you might have.  
If you feel like something just isn't right, seek care.





## WHY YOU'RE GETTING AN ORANGE BRACELET AND ARE ENCOURAGED TO WEAR IT



**WEAR** the orange bracelet for 8-12 weeks. It signals to healthcare professionals and emergency personnel that you're postpartum.



**MONITOR** for urgent maternal warning signs. Serious complications can occur up to a year postpartum.



**SEEK CARE** immediately if you experience any concerning symptoms. It could save your life.

### ABOUT THE STATEWIDE BRACELET INITIATIVE

The *Connecticut Urgent Maternal Warning Signs Bracelet Initiative* helps keep you safe by making it easier to spot and treat serious postpartum health problems. Hospitals across the state are distributing orange bracelets for patients to wear as a reminder to watch for urgent maternal warning signs and get help quickly if they appear.

Scan the QR code for important information  
and resources, or visit [cthosp.org/bracelet](https://cthosp.org/bracelet)

