

# KNOW THE WARNING SIGNS: POST PARTUM CARE

It is vital for new mothers within the Black community to be able to listen closely to their bodies directly after giving birth.

Black women have the **highest maternal mortality rate** in the United States, having almost **three times the risk** compared to white women. Black women are also **twice as likely** compared to others to receive late or no prenatal care.

Black babies in the United States are **four times as likely** to die from complications related to low birthweight, congenital malformations, SIDS, and unintentional injuries.

## Signs and symptoms of infection:

- Fever higher than 100.4 F.
- Discharge, pain, or redness around an incision site that doesn't go away or gets worse.
- Pain/burning when you pee, increased urination, or pain in your lower back or side.
- Red streaks or new, painful lumps in your breasts.
- Severe pain in your lower belly.
- Vaginal discharge with an odor.

## Signs and symptoms of other health conditions:

- Bleeding that's heavier than a normal period or bleeding that gets worse over time.
- Pain, swelling, redness, warmth or tenderness in your legs, especially your calves.
- Vision changes, severe headache, pain in the upper right belly or shoulder, trouble breathing, sudden weight gain or swelling in the legs, hands or face.
- Chest pain, coughing or gasping for air.
- Feeling sad or hopeless for more than 10 days after giving birth.
- Feeling sick to your stomach or throwing up.

## Warning signs to look for:

- Chest pain
- Trouble breathing
- Heavy bleeding
- Extreme pain

## Signs and symptoms of sepsis:

- Chills or feeling very cold
- Clammy or sweaty skin
- Fast breathing
- Fast heart rate
- Feeling confused
- Fever
- Having extreme pain or discomfort