

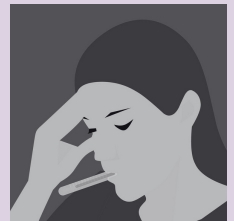
# WARNING SIGNS



## BIRTH MAMA

### When to Seek Help Immediately

- Fever  $\geq 100.4^{\circ}\text{F}$  ( $38^{\circ}\text{C}$ )
- Headache: severe, meds don't help, worse over time, worst ever
- Dizziness or fainting
- Blood pressure:
  - systolic reading  $\geq 140$  mm Hg and/or
  - diastolic reading  $\geq 90$  mm Hg
- Changes in vision



- Swelling or sudden weight gain
  - swollen face or hands
  - swelling/redness/pain in arm(s) or leg(s)
  - gain 2-3+ pounds/week
- Trouble breathing
- Chest pain or fast heartbeat
- Nausea/vomiting
- Severe stomach or shoulder pain
- Chills or feeling very cold
- Clammy or sweaty skin



- Heavy vaginal bleeding or discharge
  - Some post-delivery bleeding + discharge is normal
  - Seek help if you're soaking through a pad in an hour or seeing large clots (golfball size or larger)
- Blood, discharge, pus, severe pain at incision site
- Pain or swelling near vagina or perineum
- Smelly vaginal discharge
- Painful urination



- Overwhelming tiredness
- Feeling confused
- Feeling sad, hopeless or anxious for more than 10 days after giving birth
- Thoughts of harming your baby or yourself
- Hallucinating (see, hear, or smell things not there)
- Expressing delusions (untrue thoughts or beliefs)
- Feeling mania (elated mood out of touch with reality)
- Feeling paranoid



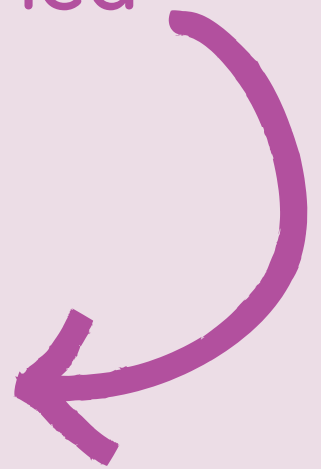
Pediatrician Name+Phone: \_\_\_\_\_

Parent's Medical contact Name+Phone: \_\_\_\_\_

## Links to Postnatal Resources for When You're Worried



[Popinsfam.com/Postnatal-Resources](https://Popinsfam.com/Postnatal-Resources)



We hope for a Safe Delivery, Healthy Baby, and  
Smooth Recovery.

If any of these symptoms occur in the weeks after  
childbirth, you should seek medical help  
immediately.

These symptoms can represent serious and  
sometimes life-threatening issues. Acting quickly to  
receive appropriate treatment can be life-saving.

Every person is different. You know your  
child & birth mama best and should call  
your doctor if you are worried.

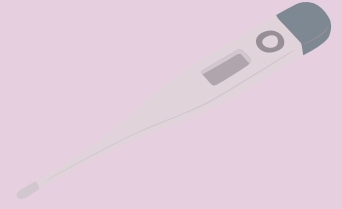


# WARNING SIGNS

## BABY

### When to Seek Help Immediately

Rectal temperature  $\geq 100.4^{\circ}\text{F}$  ( $38^{\circ}\text{C}$ ) or  $< 97.5^{\circ}\text{F}$  ( $36.5^{\circ}\text{C}$ )



Breathing:

- Rapid breathing rate over 60 beats per minute
  - count for a full minute
  - pauses between breaths should be  $< 10$  seconds
- Retractions: skin pulls in underneath or between the ribs, or underneath clavicles with breaths
- Wheezing, grunting, or whistling sounds
- Blue coloring that does not go away

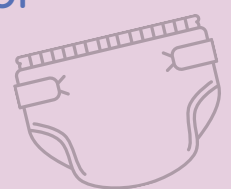
- Poor appetite/weak suck: Seek help if baby refuses to eat, misses several feedings, is having trouble sucking at the breast or bottle, doesn't seem to be hungry, is having problems spitting up, or is losing weight
  - newborns eat every 2-3 hours
  - hunger signs = sucking on fingers, crying, + "rooting"
- Persistent crying or irritability which does not improve with cuddling and comfort
- Listlessness or lethargy: baby won't wake enough to nurse or take a bottle
- Sudden onset of severe pain with hard, distressed crying



- Umbilical cord stump has pus, bleeding, surrounding red skin, or unpleasant smell
- Yellow coloring of eyes, chest, or extremities



- Diarrhea (progressively watery, outpaces feeding frequency) and/or vomiting
- Poop is very hard, dry, bloody
- Poop is black/tarry (after first 1-2 days) or colorless/gray
- No bowel movement in the first 48 hours
- No urine in the first 24 hours at home.
  - Baby should have at least 6 wet diapers/day by day 6
- Signs of distress while urinating or blood in the urine/bloody spot on a diaper.



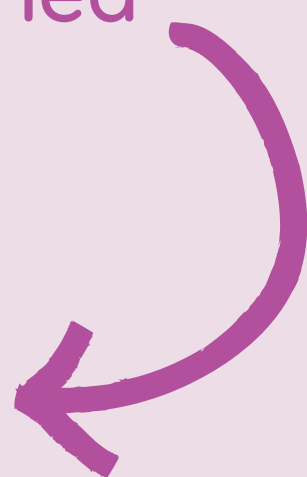
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