

My Pregnancy and Postpartum Safety Plan

- ☐ Teach a family member or support person about the warning signs and how/when to get medical help quickly.
- ☐ If I go to the emergency room, _____ will care for my _____ (children/pets/home).
- ☐ If I have an emergency, the nearest hospital is: _____.
- ☐ In case of an emergency, my hospital bag is packed and is kept: _____.

My next doctor's appointment is

_____, _____, _____, _____ at _____:_____ AM
Day of Week Month Date Year Time PM

Go to Hospital or Call 911

Make sure to tell them you're pregnant or gave birth within the last year.

- Suddenly very tired or weak.
- Difficulty breathing and/or chest pain.
- Severe headache and/or changes in vision.
- Dizziness, disorientation, fainting, or seizures.
- If your blood pressure is higher than 160 (top number) or 110 (bottom number)
- Feeling extremely worried all of the time*
- See or hear things that other people don't.*
- Thoughts of harming yourself or others.*

*In addition to calling 911, for mental health emergency support call 988.

Call Your Health Provider

Don't wait for office hours or for them to return your call. If you can't talk to someone directly, go to the hospital or call 911.

- Bleeding that soaks through one or more pads in 1 hour.
- Clots bigger than an egg, or you pass tissue.
- Headache that won't go away or gets worse over time.
- Severe pain in your chest or belly that doesn't go away.
- Swelling in the face, hands, feet, or legs
- If you had a c-section – your incisions is open, red, oozing, does not seem to be healing, or pain that is not managed by medication.
- If your blood pressure is 140-159 (top number) or 90-109 (bottom number).
- Fever of 100.4°F or more. Unable to drink for 8 hours or unable to eat for 24 hours.
- Vaginal discharge (fluid, wetness) that smells bad.

Primary Care Physician

Name: _____

Phone #: _____

Address: _____

OB-GYN

Name: _____

Phone #: _____

Address: _____

Emergency Family Contact

Name: _____

Phone #: _____

Address: _____