

Depression After Birth

Thoughts of hurting baby or self? Call 911!

Signs of a Problem

- Feeling sad or hopeless
- Don't want to get out of bed
- Angry at baby or partner
- Illegal drug use
- Loss of interest in activities
- Less hungry
- Drinking more alcohol



What About Mom?

Problems for Mom After Birth

If you have any of these for more than two weeks, call your doctor or call the **National Postpartum Depression Hot Line: 1-800-PPD-MOMS (1-800-773-6667)**

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Infection After Birth

Signs of a Problem

- Extra sweaty
- Dizziness or confusion
- Temperature over 100.4
- Fast heart beat
- Breast is red, warm and painful
- Pain or redness at C-section scar
- More blood on the pad than before
- Blood or liquid from vagina smells bad

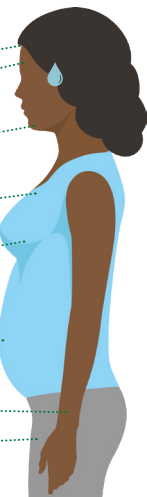


If you are having any of these symptoms,
Call your doctor. Can't reach doctor? **Seek urgent care or Call 911!**
(Tell them you recently had a baby.)

Heart Problems After Birth

Signs of a Problem

- Extra sweaty
- Extra tired
- Jaw pain
- Tight chest
- Problems breathing
- Sick to stomach or throwing up
- Arm pain
- Leg is red, warm or swollen

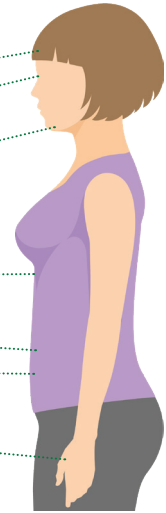


If you are having any of these symptoms,
Call 911! (Tell them you recently had a baby.)

High Blood Pressure After Birth

Signs of a Problem

- Headache
- Seeing spots
- Swelling in face
- Problems breathing
- Stomach pain
- Sick to stomach or throwing up
- Swelling in hands



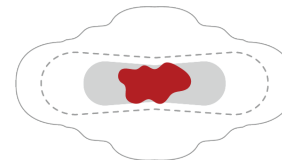
If you are having any of these symptoms,
Call 911! (Tell them you recently had a baby.)

Blood Loss After Birth

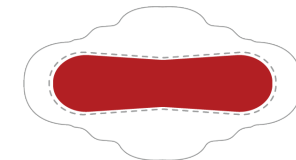
Signs of a Problem

- Headache
- Dizzy
- Fast heart beat

- Sweaty
- Extra sleepy
- Chills
- Heavy bleeding from vagina with egg-sized clots



Normal blood in 1 hour



Too much blood in 1 hour

If you are having any of these symptoms,
Call 911! (Tell them you recently had a baby.)