

# MATERNAL / INFANT HEALTH USER GUIDE



**Texas Health**  
Resources®

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Faith Community Nursing

# HOW TO USE THIS GUIDE

This user guide contains learning materials to support the health of pregnant mothers and infants. If you are pregnant now (or have been pregnant in the last year) and have any of the symptoms listed in this user guide, please seek medical care immediately.



# Pregnant now or within the last year?

Call your nurse or get medical care if you have any of these:



Headache that will not go away  
or gets really bad



Dizziness or fainting



Vision changes  
(blurry or double vision, "spots")



Fever of 100.4° F (38.0° C)  
or more



Extreme swelling in your  
hands or face



Thoughts or feelings of  
hurting yourself or baby



Problems breathing



Chest pain or racing heartbeat



Upset stomach (nausea) or  
throwing up (vomiting)



Severe stomach (abdominal)  
pain that does not go away



Baby's movement stops  
or slows down a lot



Extreme swelling or redness  
in your arms, legs, or feet



Vaginal bleeding or fluid leaking  
during pregnancy



Severe bleeding  
(soaking more than 1 pad  
in an hour or less) or  
heavy discharge after delivery



Severe tiredness (fatigue)

These signs may be a warning of something dangerous.  
Call your doctor or go to the emergency room right away.  
Let them know that you are pregnant or delivered in the last year.



**HEAR**  
HEAR HER CONCERNS

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# ¿Está embarazada ahora o en el último año?

Llame a su enfermero/a u obtenga atención médica si tiene cualquiera de los siguientes signos:



**Dolor de cabeza demasiado intenso o que no desaparece**



**Mareos o desmayos**



**Cambios en la vista (visión borrosa o doble, ver "manchas")**



**Fiebre de 100.4 °F (38.0 °C) o más**



**Hinchazón extrema en las manos o en el rostro**



**Pensamientos o sentimientos de hacerse daño a usted misma o al bebé**



**Problemas para respirar**



**Dolor de pecho o latidos rápidos**



**Malestar estomacal (náuseas) o vómitos**



**Dolor estomacal (abdominal) grave que no desaparece**



**El movimiento del bebé se detiene o se vuelve mucho menos frecuente**



**Hinchazón extrema o enrojecimiento en los brazos, las piernas o los pies**



**Sangrado vaginal o derrame de líquido durante el embarazo**



**Sangrado grave (que moja más de 1 toalla sanitaria en una hora o menos) o secreción abundante después del parto**



**Cansancio intenso (fatiga)**

Estos signos podrían ser una advertencia de algo peligroso.

Llame a su médico o acuda a la sala de emergencias inmediatamente.

Infórmele que está embarazada o que dio a luz en el transcurso del último año.



**HEAR**  
HEAR HER CONCERNS



# THEIR VOICES, THEIR STORIES



*"I really want women to be aware, to know if they're at risk, to have a plan in place, to not be intimidated in doctor's offices, and to be heard."*

## Hear Her Concerns

To learn more about  
**Personal Stories of Pregnancy-Related Complications**  
please click the link below:

<https://www.cdc.gov/hearher/personal-stories/index.html>

# REFERENCES

Centers for Disease Control and Prevention Division of Reproductive Health. Diabetes Awareness Month. [https://x.com/CDC\\_DRH/status/1724112922530476491](https://x.com/CDC_DRH/status/1724112922530476491)

Centers for Disease Control and Prevention. (2024). Maternal mortality prevention. <https://www.cdc.gov/maternal-mortality/preventing-pregnancy-related-deaths/index.html#:~:text=More%20than%2080%25%20of%20pregnancy%2Drelated%20deaths%20are%20preventable>

Centers for Disease Control and Prevention Hear Her Campaign. (2024). Hear personal stories of pregnancy-related complications. <https://www.cdc.gov/hearher/personal-stories/index.html>

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