

# HEARTS

## Pregnant and Postpartum Heart Disease Warning Signs



**H**igh Blood Pressure



**E**xtra Fluid swelling in your hands or feet



**A**bnormal Chest Pain



**R**apid Heartbeat or Breathing



**T**iredness



**S**hortness of Breath

Protect the **heart** of moms, before and after delivery.

If you've been pregnant in the last year, be sure to tell your provider if you have any of the **HEARTS** warning signs so you can get the help and care you need.

*"I was pregnant this past year and I am having...."*



Scan this code for  
more information