

Important Signs to Watch for if You are Pregnant

- Bad cramps or stomach pains that don't go away
- Bleeding, trickle or gush of fluid from your vagina
- Lower back pain/pressure, or change in lower backache
- A feeling the the baby is pushing down
- Contraction, or change in the strength or number of them
- An increase in the amount of vaginal discharge
- Fever, chills, dizziness, vomiting or a bad headache
- Blurry vision or spots before your eyes
- Sudden or severe swelling of your feet, hands or face
- A significant change in your baby's movement

**Go to Hospital right away and contact
your Doctor/Midwife if you have any
of these symptoms!**

*best start
meilleur départ*)