## Have you just had If you don't feel well a baby?

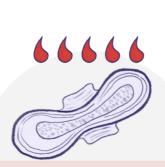
Pain in your chest It will feel like a sharp pain

CALL 999 if you

have these signs



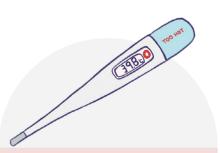
Seizures You might pass out



Sudden heavy bleeding

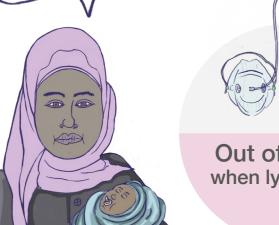


SEEK HELP URGENTLY if you have these signs



Too hot Is your temperature above 38°C?

It's important to look after yourself after you've had a baby





Out of breath when lying down



Thoughts of hurting yourself or your baby





Headache
If medication isn't
working & vision
affected



