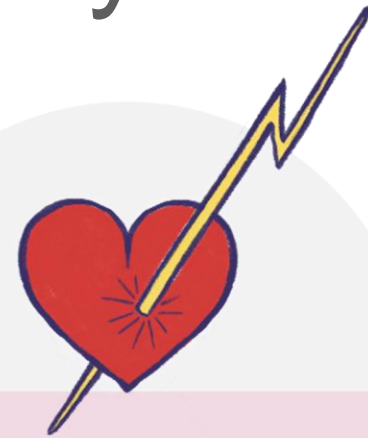
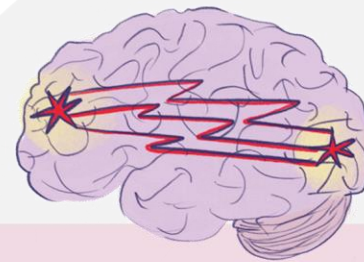


# Have you just had a baby?

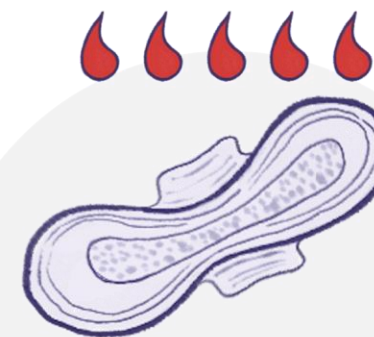
If you don't feel well call NHS 111 or your GP



**Pain in your chest**  
It will feel like a sharp pain



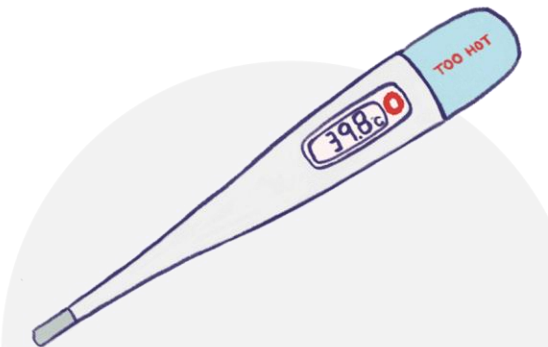
**Seizures**  
You might pass out



**Heavy bleeding**  
You may have clots bigger than a 50p



**Isolated, sad or anxious**

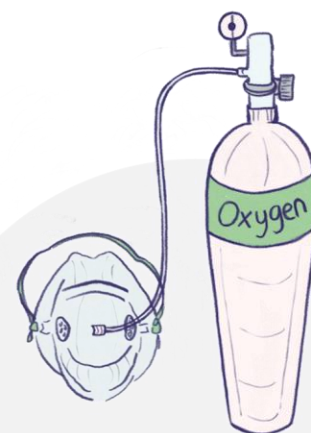


**Too hot**  
Is your temperature above 38 °C?

**SEEK HELP URGENTLY if you have these signs**

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

**CALL 999 if you have these signs**



**Out of breath**  
Is it hard to breath when laying down?



**Thoughts of hurting yourself or your baby**



**Red or swollen leg**  
Your leg might feel hot to touch



**Headache**  
If medication isn't working & vision affected

