Postpartum hemorrhage is heavy bleeding after having a baby. It’s rare, but if ignored can become serious. Here’s what to watch for:

- Heavy bleeding that doesn’t slow down or stop
- Rapid heartbeat or chest pain
- Increasing pain or swelling in the vaginal area or legs
  - Blurry vision, chills or headaches
  - Weakness or feeling faint
- Confusion or restlessness
- Fever or rash
- Vomiting, diarrhea or constipation

You know your body best. If something doesn’t feel right and you have these warning signs, contact your healthcare provider, call 911 or have someone take you to an emergency room.

FOR MORE RESOURCES:
www.njha.com/njpqc/hemorrhage

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