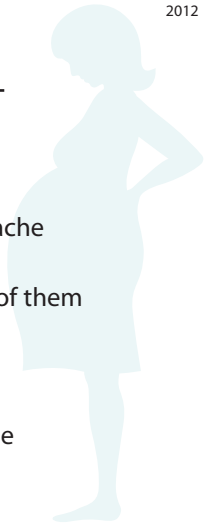


Important Signs to Watch For If You are Pregnant

- Bad cramps or stomach pains that don't go away
- Spotting or bleeding from your vagina
- Trickle or gush of fluid from your vagina
- Lower back pain/pressure, or change in lower backache
- A feeling that the baby is pushing down
- Contractions, or change in the strength or number of them
- An increase in the amount of vaginal discharge
- Fever, chills, dizziness, vomiting or bad headaches
- Blurred vision or spots before your eyes
- Sudden or severe swelling of your feet, hands or face
- A decrease in your baby's movement
- Being in a motor vehicle accident



Go to the hospital right away and contact your doctor/midwife if you have any of these symptoms!



**best start
meilleur départ**

by/par health **nexus** santé