## 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

CALL 999 if you

have these signs



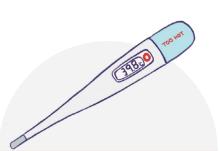
Seizures You might pass out



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





