

Important Signs to watch for if you are Pregnant

- Bad cramps or stomach pains that don't go away
- Bleeding, 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 a change in their strength or number
- An increase in the amount of vaginal discharge
- Fever, chills, dizziness, vomiting or a bad headache
- Blurry vision or spots before your eyes
- Sudden or severe swelling of your feet, hands or face
- A significant change in your baby's movement

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