



# Counselor Fact Sheet

## Safe Motherhood - Danger Signs

### **During Pregnancy**

- Anaemia (symptoms include paleness of the tongue and inside the eyelids, very tired and shortness of breath).
- Unusual swelling of legs, arms or face.
- Bleeding from private parts.
- Severe headache.
- Body hotness or feeling cold
- Little or no movement of the baby.
- Baby lying crossways or head up.

### **During Child Birth**

- Too much bleeding.
- Severe headache.
- Body hotness or feeling cold.
- Labour lasting more than twelve hours.
- Having fits.
- Placenta not delivered within 30 minutes after baby is born.

### **After Delivery**

- Too much bleeding.
- Severe headache.
- Body hotness or feeling cold.
- Severe increasing stomach pain or pain in private parts.
- Bad smelling discharge from private parts.
- Extreme sores or pain in breasts.

**If the caller notices any of these danger signs, advise them to call for help immediately and try to get the woman in danger to a health facility as quickly as possible. Failing to go to a health facility could result in the loss of life of the mother or baby.**

