

Premature Labor Warning Signs

Protect the health and safety of yourself and your unborn baby by paying attention to these warning signs:

- Contractions every 10 minutes or less
- Vaginal bleeding or spotting
- Leaking of vaginal fluid
- Pressure in lower abdomen, pushing down feeling
- Low back pain or pressure
- Cramps
- Pain in abdomen
- Reduction in baby's movement
- Change in urination habits
- Severe, persistent headaches
- Severe, continuous vomiting
- Blurred vision
- Spots before your eyes
- Flashes of light

What should I do if I start Premature Labor?

Think about what you were doing when the symptoms began and STOP doing it. IF YOU THINK YOU ARE IN LABOR, CALL YOUR HEALTH CARE PROVIDER IMMEDIATELY

Drink 4 glasses of water or juice and lie down on your left side for one hour. If symptoms get worse, call your health care provider or go to the hospital.

If the symptoms go away after that hour, you can slowly return to your activities.

If the symptoms come back after that hour, call your health care provider or go to the hospital.

Remember to tell your health care provider at your next appointment that you had symptoms.

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Healthy African American Families II, Inc.
In collaboration with:
Centers for Disease Control and Prevention



Please, Do Not Disturb MY BED REST

What is Bed Rest?

Bed rest means to get off of your feet, lie down on your side with both feet in bed, and relax.

Do not work around the house.

Stop what you are doing because your baby could be in danger.

Please allow your partner, friends or family to get involved. One out of 6 African American women have a premature baby.



How you treat yourself may determine the outcome of your baby.

What you put into your body or what you do to your body can cause harm to you and your baby any time during your pregnancy.

If you are not pregnant, please pass this door hanger to another woman who is pregnant.

What is Premature Labor?

Premature labor occurs when a mother begins labor or has contractions 3 or more weeks before her due date.

Learn to recognize the signs of Premature Labor and protect yourself and Your Baby.

Babies born between 20 and 37 weeks are considered premature. Premature labor can be dangerous to your baby's health. African American women are four times as likely to have a premature baby as Caucasian women. Early identification and treatment of premature labor can help prevent a premature baby.