



Dear Mama To Be



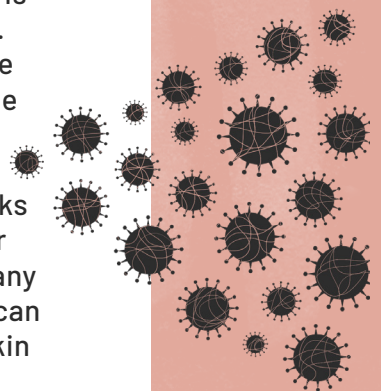
We know you're busy getting ready to become a mom, but we have some important information to help keep you and your baby safe.

What is Maternal Sepsis?



Maternal sepsis is a dangerous medical condition that can develop during pregnancy or after giving birth. It is the result of an infection that isn't properly treated. Maternal sepsis can lead to death and can also cause serious physical, mental and emotional harm to those who survive the condition.

Maternal sepsis usually develops in the days and weeks after giving birth when a C-section incision or other wounds from childbirth becomes infected. However, any kind of infection during pregnancy or after childbirth can lead to sepsis—including a urinary tract infection, a skin wound, or a throat infection.



Who's at Risk?

Any woman can develop sepsis, but it occurs more often in young women and women of color. Women who deliver their babies by C-section are three times as likely to develop maternal sepsis than women who deliver vaginally.

What are the Warning Signs?

Speak to a doctor, nurse or midwife immediately if you are experiencing any of these warning signs during pregnancy or after childbirth:

Fever, chills and feeling generally unwell

Feeling like your heart is racing

Dizziness, confusion and collapse

Foul-smelling vaginal discharge

Lower abdominal pain



How Can I Prevent Maternal Sepsis?

- ▶ Vaccinations keep you healthy throughout your pregnancy.
- ▶ Talk to a healthcare provider if you think you have an infection of any kind.
- ▶ Wash your hands regularly to prevent the spread of infection.
- ▶ C-sections increase the risk of infection. Ask your healthcare provider how to prevent infections if you have a C-section.

Use Your Voice

Speaking up can be hard, but you know your body—if something doesn't feel right to you, tell a doctor, nurse or midwife and don't let anyone dismiss your concerns.

Ask a loved one to help you share your worries. Don't be afraid to ask, "Could I have sepsis?"



▶ All women have the right to a safe, healthy pregnancy and birth. If something doesn't feel right, speak up. It could save your life. ◀

ENDSEPSIS

The Legacy of Rory Staunton

endsepsis.org