

አጣዳፊ የእናቶች ጤና ማስጠንቀቂያ ምልክቶች



የማይተው ወይም
አየቆየ ሲሄድ
የሚብስ ራስ
ምታት



መፍዘዝ ወይም
ራስን መሳት



እራስዎን
ወይም ልጅዎን
የመጉዳት
ሃሳቦች



ትኩሳት



በእይታዎ ላይ
ያሉ ለውጦች



ለመተንፈስ
መቸገር



የደረት ህመም
ወይም ፈጣን
የልብ ምት



ከፍተኛ የሆነ
የእጆችዎ
ወይም
የፊትዎ
ማበጠጥ



የማይተው
ከባድ የሆድ
ህመም



ከባድ ማቅለሽለሽ
እና ማስታወክ
(እንደ እርግጠኛ
ማቅለሽለሽ አይነት
ያልሆነ)



የህጻኑ
እንቅስቃሴዎች
መቆም ወይም
መቀነስ



የእግርዎ
ማበጠጥ
መቅላት
ወይም
ህመም



ከእርግጠኛ በኋላ
የሴት ብልት መድማት
ወይም የፈሳሽ መኖር



በእርግጠኛ ጊዜ የሴት
ብልት መድማት
ወይም የፈሳሽ መኖር



ከመጠን በላይ
የሆነ ድካም



በእርግጠኛ ጊዜ ወይም ከእርግጠኛ በኋላ ከእነዚህ ምልክቶች የትኞቹም ካሉብዎት፣ የእርስዎን የጤና እንክብካቤ አቅራቢ ያነጋግሩና ወዲያውኑ እርዳታ ያግኙ።

አቅራቢዎን ማግኘት ካልቻሉ፣ ወደ ድንገተኛ ክፍል ይሂዱ። በአሁኑ ጊዜ ወይም ባለፈው ዓመት ነፍስ ጡር ከሆኑ፣ መናገርዎን ያስታውሱ።

የበለጠ ይወቁ

<https://obgynsafety.org/urgent-maternal-warning-signs/>

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