

Ishara Za Dharura Za Onyo Kwa Kina Mama



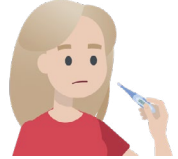
Maumivu ya kichwa ambayo hayaondoki au yanakuwa mabaya zaidi baada ya muda



Kizunguzungu au kuzirai



Mawazo juu ya kujiumiza mwenyewe au mtoto wako



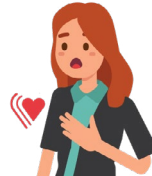
Homa



Mabadiliko katika uwezo wako wa kuona



Kupumua kwa shida



Maumivu ya kifua au mapigo ya moyo kupiga haraka



Uvimbe mkubwa wa mikono au uso wako



Maumivu makali ya tumbo ambayo hayaondoki



Kichefuchefu kikali na kutapika (si kama ugonjwa wa asubuhi)



Harakati za mtoto kusimama au kupungua



Kuvimba, wekundu, au maumivu kwenye mguu wako



Kutokwa na damu ukeni au majimaji kuvuja baada ya ujauzito



Kutokwa na damu ukeni au majimaji kuvuja wakati wa ujauzito



Uchovu mwingi



SCAN ME

Ikiwa una mojawapo ya dalili hizi wakati wa au baada ya ujauzito, wasiliana na mtoa huduma wako wa afya na upate usaidizi mara moja.

Ikiwa huwezi kufikia mtoa huduma wako, nenda kwenye chumba cha dharura. Kumbuka kusema kuwa wewe ni mjamzito au umekuwa mjamzito ndani ya mwaka uliopita.

JIFUNZE ZAIDI KWA

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

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