

WHAT YOU NEED
TO KNOW ABOUT

Preterm Labor

Know the Signs & Symptoms of Preterm Labor

- Act quickly.
- Call for help.
- Get the care you and your baby need.



**DON'T WAIT.
DON'T HESITATE.
ASK FOR HELP.**

Please tell
someone
if you:



- are having contractions
- are cramping
- leak fluid
- bleed
- see changes in vaginal discharge
- have back pain
- feel pressure

Or if something
just feels wrong.

Did You Know?

- One in ten babies is born preterm.
- A typical pregnancy is 40 weeks. Babies as young as 24 weeks have a good chance of survival. But even babies born late preterm (34 - 37 weeks) have special medical needs.
- There are medications and medical interventions that can stop or slow down preterm labor and help you & your baby.
- The sooner you get help the more likely it is that you will have time to prepare and deliver where you can get the best care.

Even if your  symptoms go away,
TELL SOMEONE.

Celebrate World Prematurity Day
November 17th

 **National
Perinatal
Association**

Educate. Advocate. Integrate.