



## Know the signs of preterm labor.

*Contractions* every ten minutes or more often.

*Fluid* (bloody or clear) leaking from your vagina.

*Pelvic pressure* – the feeling that your baby is pushing down.

*Low, dull backache.*

*Menstrual-like cramps* (cramps that feel like your period).

*Abdominal cramps*, with or without diarrhea.

## Know what to do.

Call your health care provider or go to the hospital  
right away if you have any of these signs.

1 in 8 babies is born too soon – before 37 weeks of pregnancy. Their tiny size and low birthweight put them at risk of lifelong health problems and disabilities. Preterm labor can happen to any pregnant woman at any time. In some cases, it can be stopped or medications can be given to help the baby before delivery. Knowing about preterm labor now could save your baby later.



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