



Hear Her® Social Media


For Everyone
MAY 15, 2024

AT A GLANCE

Social media posts allow you to easily distribute Hear Her® campaign messages and materials to your audience. Use your organization’s social media accounts to share important information about preventing pregnancy-related deaths. Below are some graphics from the campaign and tailored posts that you can use to share and promote Hear Her® on your social media channels.

Quick tips

Here are a few quick tips to help you make the most of your social media posts to promote the Hear Her campaign on Facebook, Instagram, and X (formally known as Twitter).

- Connect with partners. Ask them to share the posts or promote the content.
- Use the campaign hashtag on Twitter/X and Instagram to label your message: **#HearHer**, which allows people to group and sort posts with that hashtag.
- Engage with our social media handles through likes, mentions, and shares (i.e., [@CDCHearHer](#) on Facebook and [@CDC_DRH](#) on X).
- Download images that are sized appropriately for Facebook, Instagram and Twitter/X.

Hear Her® campaign sample posts

Allyson Felix Sample Posts



Allyson Felix pictured with Hear Her logo

[Download image for Twitter/X](#) 

[Download image for Facebook and Instagram](#) 

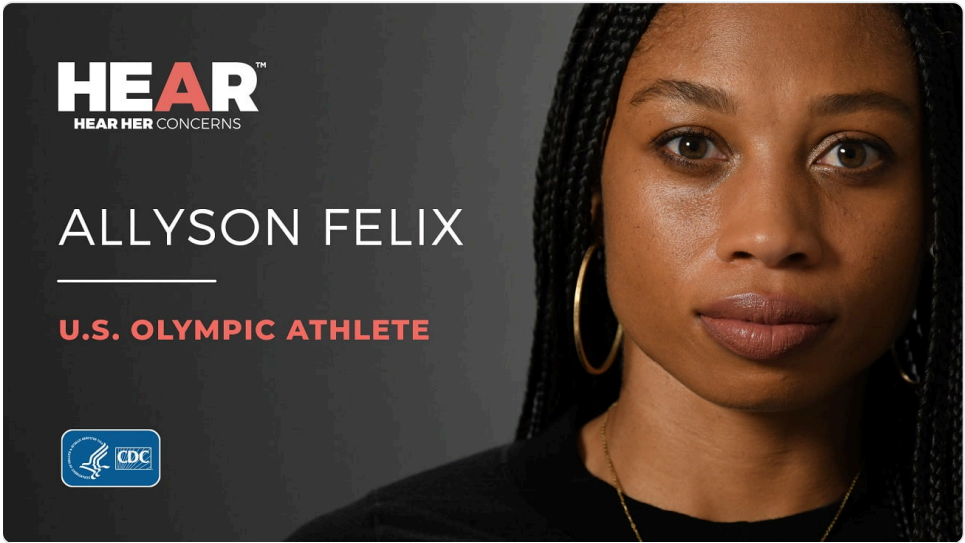
Sample Post



"I really want women just to be aware, to know if they're at risk. To have a plan in place. To not be intimidated in doctors' offices and to be heard."

Hear Allyson's story and message for you: <https://bit.ly/CDCHearHerAllysonFelix>

#HearHer



Allyson Felix pictured with US Olympic athlete text and Hear Her logo

[Download image for Twitter/X](#) [JPG](#)

[Download image for Facebook and Instagram](#) [JPG](#)

Sample Post

"At 32-weeks pregnant, I was diagnosed with severe preeclampsia."

Learn how US Olympian, Allyson Felix, survived a potentially life-threatening, pregnancy-related complication with the help of her support system.

#HearHer story: <https://bit.ly/CDCHearHerAllysonFelix>



Allyson Felix with a social media handle

[Download image for Twitter/X](#) [JPG](#)

[Download image for Facebook and Instagram](#) [JPG](#)

Sample Post

"I kind of heard of the statistics of Black women being more at risk for complications. But being a professional athlete, I never imagined myself in this situation."

Hear Allyson Felix's story and message for others.

#HearHer: <https://bit.ly/CDCHearHerAllysonFelix>



Messages for Pregnant and Postpartum Women



Health care provider taking the blood pressure of a pregnant woman

[Download image for Twitter/X](#) [JPG](#)

[Download image for Facebook and Instagram](#) [JPG](#)

Sample Post

Are you pregnant? Have you given birth within the last year? If you feel something is wrong, don't ignore it.

Listen to your body, speak up, and seek help.

#HearHer <https://bit.ly/CDChearHerWomen>



Pregnant woman dressed in a hospital gown while lying in a hospital bed

[Download image for Twitter/X](#) [JPG](#)

[Download image for Facebook and Instagram](#) [JPG](#)

Sample Post

Each year in the US, thousands experience severe, unexpected pregnancy-related health problems. You know your body best. Voice your concerns if something doesn't feel right. Know the urgent maternal warning signs.

#HearHer <https://bit.ly/CDChearHerWarningSigns>



Health care provider taking the blood pressure of a pregnant woman

[Download image for Twitter/X](#) [JPG](#)

[Download image for Facebook and Instagram](#) [JPG](#)

Sample Post



Pregnancy-related complications like preeclampsia (high blood pressure) can happen during and after pregnancy. Learn about urgent maternal warning signs. And speak up if something doesn't feel right.

#HearHer <https://bit.ly/CDCHearHerWarningSigns>

Messages for Support Networks of Pregnant or Postpartum Women



Pregnant woman and a support person touching her belly while sitting on a couch

[Download image for Twitter/X](#) [JPG](#)

[Download image for Facebook and Instagram](#) [JPG](#)

Sample Post

Be the support pregnant and postpartum women need. If someone who is or was pregnant in the past year shares any symptoms or concerns, take them seriously. Hear them out and act quickly. It could help save a life. #HearHer <https://bit.ly/CDCHearHerAdvocates>



Pregnant woman and a support person touching her belly while sitting on a couch

[Download image for Twitter/X](#) [JPG](#)

[Download image for Facebook and Instagram](#) [JPG](#)

Sample Post

Be the support pregnant and postpartum women need. If someone who is or was pregnant in the past year shares any symptoms or concerns, take them seriously. Hear them out and act quickly. It could help save a life.

#HearHer <https://bit.ly/CDCHearHerAdvocates>



Pregnant woman and a support person touching the pregnant belly

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[Download image for Facebook and Instagram](#) JPG

Sample Post

When pregnant and postpartum women speak up about their concerns or symptoms, listen to them.

Learn the urgent maternal warning signs and help them get the care they need. You could help save a life.

#HearHer <https://bit.ly/CDChearHerAdvocates>



Pregnant woman and a support person talking at a kitchen counter

[Download image for Twitter/X](#) JPG

[Download image for Facebook and Instagram](#) JPG

Sample Post

Too many women die each year in the US due to pregnancy-related complications. If you know someone who is or was pregnant in the past year, hear her concerns and help her find the care she needs.

#HearHer <https://bit.ly/CDChearHerAdvocates>



Pregnant woman touching her head and belly

[Download image for Twitter/X](#) JPG

[Download image for Facebook and Instagram](#) JPG

Sample Post

Would you know if a loved one is having a serious pregnancy-related complication? If you know what to look for, you could do more than just help. You could help save a life. Learn the urgent maternal warning signs that need immediate care.

#HearHer <https://bit.ly/CDChearHerAdvocates>



Pregnant woman and a support person touching her belly

[Download image for Twitter/X](#) [JPG](#)

[Download image for Facebook and Instagram](#) [JPG](#)

Sample Post

If your pregnant or postpartum loved one says that something doesn't feel right, listen to their concerns.

Learn the urgent maternal warning signs that need immediate attention and help them find the care they need right away.

#HearHer <https://bit.ly/CDCHearHerAdvocates>

Personal Stories



Eleora looking forward and the Hear Her logo

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[Download image for Facebook and Instagram](#) [JPG](#)

Sample Post

"I felt relieved when I found a doctor that could actually hear me out."

Hear how Eleorra didn't stop until she got answers about her pregnancy complications.

#HearHer story: <https://bit.ly/CDCHearHerEleorra>



Valencia looking forward and the Hear Her logo

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[Download image for Facebook and Instagram](#) [JPG](#)

Sample Post



"I always assumed it was just normal..."

Learn about Valencia's pregnancy complications and her path to getting the care she needed.

#HearHer story: <https://bit.ly/CDCHearHerValencia>



Kylie looking forward and the Hear Her logo

[Download image for Twitter/X](#) JPG

[Download image for Facebook and Instagram](#) JPG

Sample Post



"...they rushed me back for an emergency C-section, where I hemorrhaged, and my kidneys failed."

Learn how Kylie survived life-threatening complications of pregnancy.

#HearHer story: <https://bit.ly/CDCHearHerKylie>



Sanari looking forward and the Hear Her logo

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[Download image for Facebook and Instagram](#) JPG

Sample Post



"Trust your gut and know that it's not normal if it doesn't feel normal."

Hear about Sanari's postpartum complications.

#HearHer story: <https://bit.ly/CDCHearHerSanari>



Lindsay looking forward and the Hear Her logo

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[Download image for Facebook and Instagram](#) JPG

Sample Post

"If you feel something is a little off, go check, go make sure, talk to somebody, express how you feel."

Hear Lindsay's advice to pregnant and postpartum women.

#HearHer story: <https://bit.ly/CDCHearHerLindsay>

Urgent Maternal Warning Signs

Messages for Pregnant and Postpartum Women



Pregnant woman lying on her side in the bed

[Download image for Twitter/X](#) JPG

[Download image for Facebook and Instagram](#) JPG

Sample Post

Seek medical care immediately if you experience an urgent maternal warning sign during pregnancy or in the year after. Some include headaches that won't go away, changes in vision, and trouble breathing.

#HearHer <https://bit.ly/CDCHearHerWarningSigns>



Pregnant woman holding her back while sitting on couch

[Download image for Twitter/X](#) JPG

[Download image for Facebook and Instagram](#) JPG

Sample Post

It's normal to be tired during pregnancy or after you've given birth. But overwhelming tiredness, dizziness, or feeling very sad could be a warning sign of something more serious.

Speak up and seek medical care right away.

#HearHer <https://bit.ly/CDCHearHerWarningSigns>



Pregnant woman touching her head while looking at baby

[Download image for Twitter/X](#) JPG

[Download image for Facebook and Instagram](#) JPG

Sample Post

Things to look for during pregnancy and in the year after: fast-beating heart, heavy vaginal bleeding, changes in vision, trouble breathing.

Learn more about the urgent maternal warning signs and what to do. It could save your life.

#HearHer <https://bit.ly/CDCHearHerWarningSigns>

Messages for Support Networks of Pregnant and Postpartum Women



Pregnant woman touching her head while looking at baby

[Download image for Twitter/X](#) JPG

[Download image for Facebook and Instagram](#) JPG

Sample Post

Is someone you love pregnant or had a baby in the past year? Listen to them if they express any concerns.

Learn about the urgent maternal warning signs. Acting quickly and helping them get immediate care could help save a life.

#HearHer <https://bit.ly/CDCHearHerAdvocates>



Pregnant woman experiencing tiredness while walking up stairs

[Download image for Twitter/X](#) [JPG](#)

[Download image for Facebook and Instagram](#) [JPG](#)

Sample Post

Pregnant and postpartum women know when something doesn't feel right.

Hear their concerns and help them get medical care immediately. It could help save a life.

#HearHer <https://bit.ly/CDCHearHerAdvocates>



Pregnant woman touching her belly and back

[Download image for Twitter/X](#) [JPG](#)

[Download image for Facebook and Instagram](#) [JPG](#)

Sample Post

Fast-beating heart, heavy vaginal bleeding, changes in vision, and trouble breathing are just a few of the urgent maternal warning signs. Support your loved one by learning ALL the warning signs that need immediate medical care.

#HearHer <https://bit.ly/CDCHearHerWarningSigns>



Maternal Mortality



Health care provider speaking to pregnant woman in lobby

[Download image for Twitter/X](#) [JPG](#)

[Download image for Facebook and Instagram](#) [JPG](#)

Sample Post



Too many women die each year in the US from pregnancy-related complications. Most of these deaths could be prevented.

Learn about how you can help save their lives.

#HearHer <https://bit.ly/CDCHearHerAdvocates>



Pregnant woman touching her belly while sitting near a window

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Sample Post



Black, American Indian, and Alaska Native women who are pregnant and postpartum are more likely to die from pregnancy-related complications than others. Most of these deaths are preventable. Be the one to #HearHer. <https://bit.ly/CDCHearHerAdvocates>



Health care provider taking blood pressure of a pregnant woman

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[Download image for Facebook and Instagram](#) [JPG](#)

Sample Post



A pregnancy-related death can happen during pregnancy, at delivery, and even up to a year after delivery (postpartum). Every pregnancy-related death is tragic, especially because most are preventable.

#HearHer. Learn more: <https://bit.ly/CDCHearHerPregnancyRelatedDeath>

[Social Media for Healthcare Professionals](#)



[Sample Social Media Posts for American Indian and Alaska Native Communities](#)




SOURCES

CONTENT SOURCE:

[National Center for Chronic Disease Prevention and Health Promotion \(NCCDPHP\); Division of Reproductive Health](#)

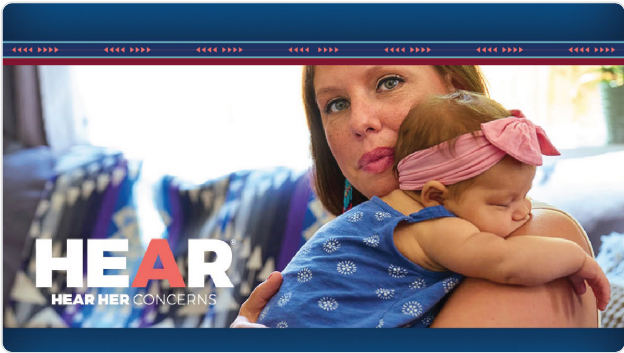


Sample Social Media Posts for American Indian and Alaska Native Communities

 For Everyone
JANUARY 23, 2025

AT A GLANCE

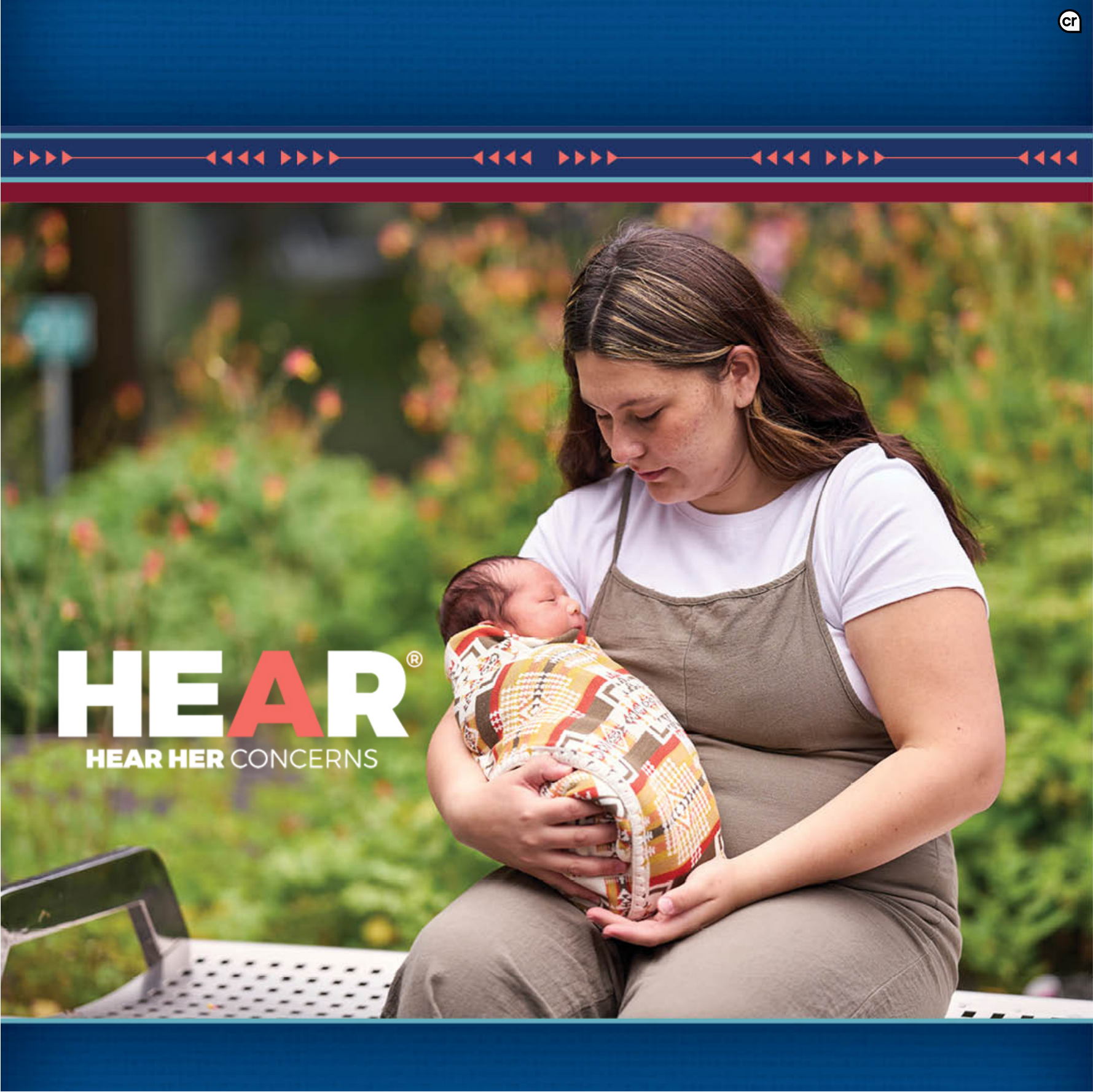
Social media posts allow you to easily distribute Hear Her® campaign messages and materials to your audience. Use your organization’s social media accounts to share important information about preventing pregnancy-related deaths. Below are some graphics from the campaign and tailored posts that you can use to share and promote Hear Her® on your social media channels.



Sample posts for American Indian and Alaska Native communities

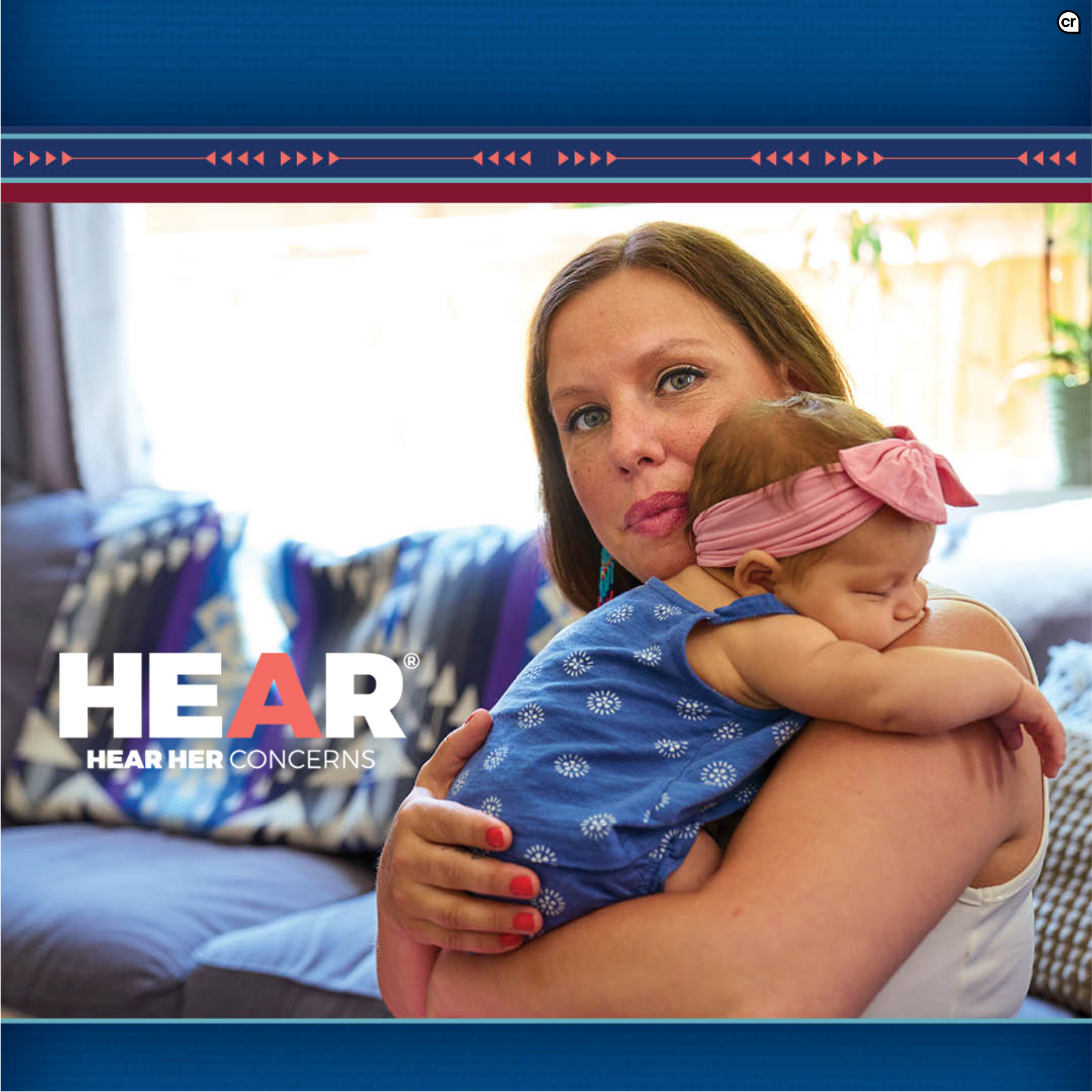
Here are a few quick tips to help you make the most of your social media posts to promote the Hear Her® campaign on Facebook, Instagram, and Twitter/X.

- Be sure to keep your posts brief. People are more likely to read short posts than lengthy ones.
- Connect with partners. Ask them to share the posts or promote the content.
- Use the campaign hashtag on Twitter/X and Instagram to label your message: **#HearHer**, which allows people to group and sort posts with that hashtag.
- Engage with our social media handles through likes, mentions, and shares.
- Download images that are sized appropriately for Facebook, Instagram, and Twitter/X.



Honor your mind, body, and spirit. Listen to your body and speak up if something doesn't feel right. Learn the urgent maternal warning signs and get the care you need.

- [Download image for Twitter/X](#) [JPG](#)
- [Download image for Facebook and Instagram](#) [JPG](#)



cr

You know your body best. If you are pregnant or gave birth within the last year and feel like something is wrong, speak up and ask for help. It could save your life.

• [Download image for Twitter/X](#) JPG

• [Download image for Facebook and Instagram](#) JPG



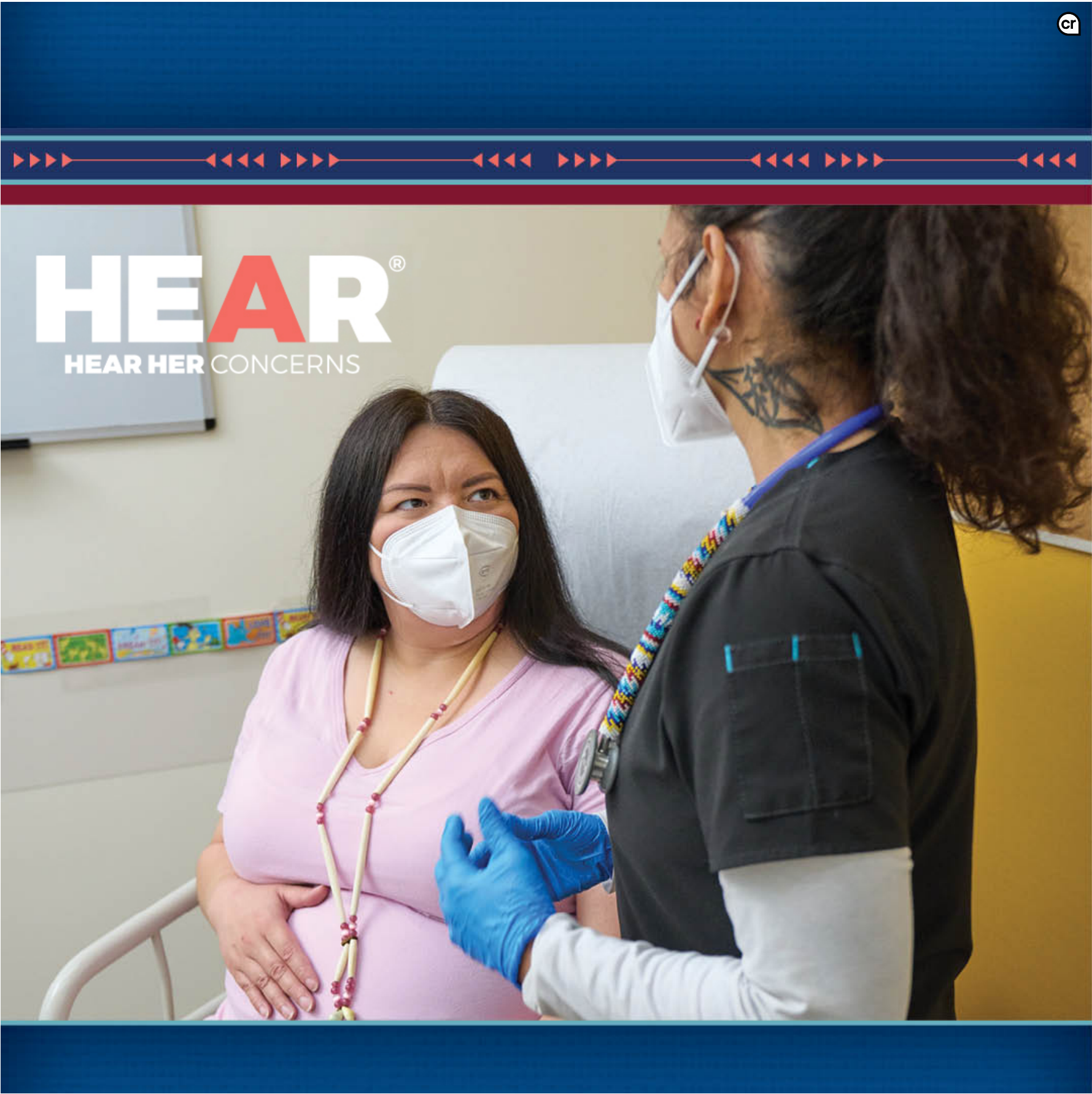
We must support mothers by hearing their concerns and ensuring they get the care they need. Recognize the urgent maternal warning signs and be the support she needs. Learn more at cdc.gov/HearHer/AIAN/.

• [Download image for Twitter/X](#)

JPG

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Health care providers play a critical role in improving maternal health among American Indian and Alaska Native women. It's important to make sure your patients are comfortable sharing their concerns. Learn more at cdc.gov/HearHer/AIAN/.

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- [Download image for Facebook and Instagram](#) [JPG](#)

Social Media for Health Care Providers

[Get sample social media posts for health care providers](#)



Social Media

[More Hear Her® campaign social media](#)



Connect with Us!

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[@CDC HearHer](#) and [@CDC](#)

[@CDCgov](#)

SOURCES

CONTENT SOURCE:

National Center for Chronic Disease Prevention and Health Promotion (NCCDPHP); Division of Reproductive Health



Hear Her® Social Media for Health Care Providers


Health Care Providers
MAY 15, 2024

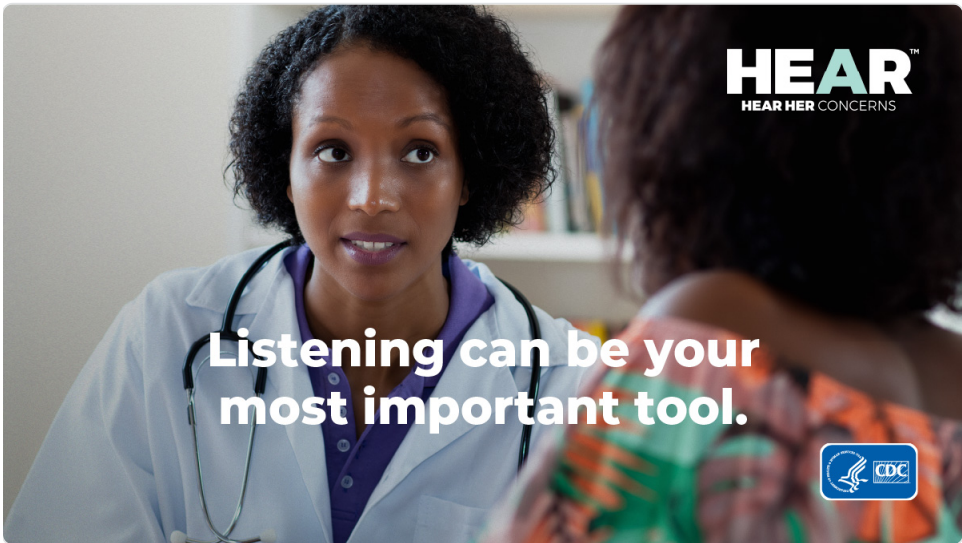
AT A GLANCE

Social media posts allow you to easily distribute Hear Her® campaign messages and materials to your audience. Use your organization’s social media accounts such as Facebook and X (formerly known as Twitter) to share important information about preventing pregnancy-related deaths. Below are some graphics from the campaign and tailored posts that you can use to share and promote Hear Her® on your social media channels.

Sample Social Media Images and Posts

Here are a few quick tips to help you make the most of your social media posts to promote the Hear Her campaign.

- Be sure to keep your posts brief. People are more likely to read short posts than lengthy ones.
- Connect with partners. Ask them to share the posts or promote the content.
- Use the campaign hashtag on Twitter/X and Instagram to label your message: **#HearHer**, which allows people to group and sort posts with that hashtag.
- Engage with our social media handles through likes, mentions, and shares.
- Download images that are sized appropriately for Facebook, Instagram, and Twitter/X.



Listening can be your most important tool.

[Download image for Facebook and Twitter](#) JPG

Sample Post

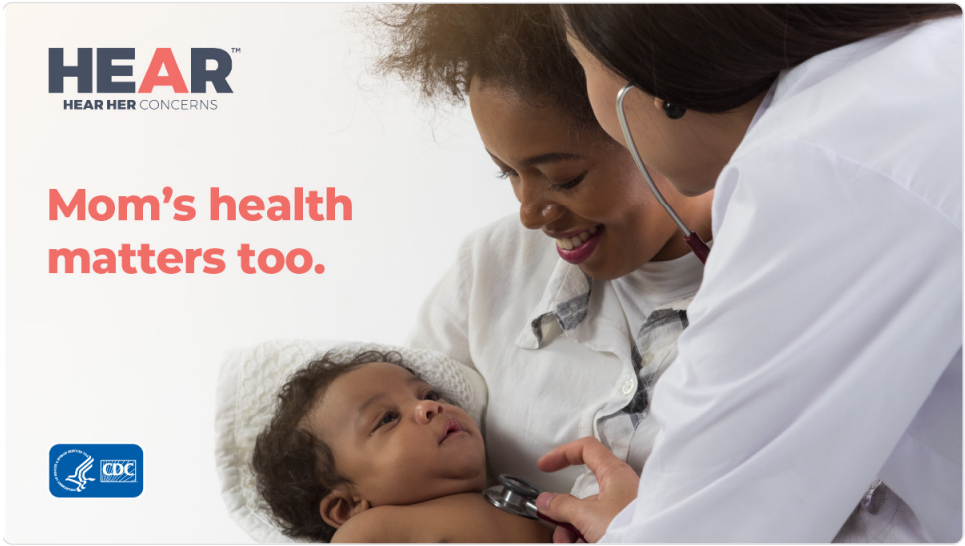
Pregnancy-related deaths can occur up to a year after pregnancy, and most of these deaths are preventable. Many women feel that their concerns are not heard. Be the one to listen. It could help save a life. Learn more <https://bit.ly/CDCHearHerProviders> [#HearHer](#) [#MaternalMortality](#)

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Sample Post

Too many women in the United States die every year of pregnancy-related complications. Deaths can occur up to a year after pregnancy. Most of these deaths are preventable. Many women feel that their concerns during and after pregnancy are not heard. Be the one to listen.

It could help save a life. Learn more at <https://bit.ly/CDCHearHerProviders>. #HearHer #MaternalMortality



Mom's health matters too.

[Download image for Facebook and Twitter](#) [JPG](#)

Sample Post



Pediatricians: Women can suffer from pregnancy-related complications up to a year after giving birth. When mom comes in for their infant check-ups, listen for urgent maternal warning signs. It could help save a life. Learn more at <https://bit.ly/CDCHearHerProviders>. #HearHer

[Download image for Instagram](#) [JPG](#)

Sample Post



Pediatricians: Women can suffer from complications related to pregnancy up to a year after giving birth. When a mom comes in for her infant check-ups, listen for urgent maternal warning signs, such as extreme exhaustion, swelling, or thoughts of harming herself or her baby. It could help save a life. Learn more at <https://bit.ly/CDCHearHerProviders>. #HearHer

Social Media



[Social media posts](#) allow you to easily distribute Hear Her campaign messages and materials to your audience.

Sample Social Media Posts for American Indian and Alaska Native Communities



[Sample Posts for American Indian and Alaska Native Communities](#)

Poster and Handouts



[Available in 11 x 17 and 8.5 x 11 posters and 5 x 7 palm cards.](#)

Shareable Graphics



[Download and share graphics for your website, blog, or social networking site.](#)

SOURCES

CONTENT SOURCE:

National Center for Chronic Disease Prevention and Health Promotion (NCCDPHP); Division of Reproductive Health

HEAR HER Campaign: HEAR HER Social Media [as of 2024/05/15]

Page URL: <https://www.cdc.gov/hearher/campaign-resources/social-media.html>

Access Date: 2026/01/28

At a Glance: Social media posts allow you to easily distribute Hear Her® campaign messages and materials to your audience. Use your organization's social media accounts to share important information about preventing pregnancy-related deaths. Below are some graphics from the campaign and tailored posts that you can use to share and promote Hear Her® on your social media channels.

Content Source:

[National Center for Chronic Disease Prevention and Health Promotion \(NCCDPHP\)](#); [Division of Reproductive Health](#)

[Cataloger's Note: The images named and linked below, and described on the pages following these tables, are all available in the attached Zip folder, found in the Supporting Files section of this record. Accessed and downloaded on 2026/01/27. These tables are copied exactly as they are found at the Page URL listed above. Minor table formatting has occurred below, but no intellectual content has been altered.]

Quick tips

Here are a few quick tips to help you make the most of your social media posts to promote the Hear Her campaign on Facebook, Instagram, and X (formally known as Twitter).

- Connect with partners. Ask them to share the posts or promote the content.
- Use the campaign hashtag on Twitter/X and Instagram to label your message: **#HearHer**, which allows people to group and sort posts with that hashtag.
- Engage with our social media handles through likes, mentions, and shares (i.e., [@CDCHearHer](#) on Facebook and [@CDC_DRH](#) on X).
- Download images that are sized appropriately for Facebook, Instagram and Twitter/X.

Hear Her® campaign sample posts

Allyson Felix Sample Posts

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Allyson Felix pictured with Hear Her logo

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Sample Post

"I really want women just to be aware, to know if they're at risk. To have a plan in place. To not be intimidated in doctors' offices and to be heard."

Hear Allyson's story and message for you: <https://bit.ly/CDCHearHerAllysonFelix>

#HearHer

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Allyson Felix pictured with US Olympic athlete text and Hear Her logo

[Download image for Twitter/X](#)

[Download image for Facebook and Instagram](#)

Sample Post

"At 32-weeks pregnant, I was diagnosed with severe preeclampsia."

Learn how US Olympian, Allyson Felix, survived a potentially life-threatening, pregnancy-related complication with the help of her support system.

#HearHer story: <https://bit.ly/CDCHearHerAllysonFelix>

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Allyson Felix with a social media handle

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[Download image for Facebook and Instagram](#)

Sample Post

"I kind of heard of the statistics of Black women being more at risk for complications. But being a professional athlete, I never imagined myself in this situation."

Hear Allyson Felix's story and message for others.

#HearHer: <https://bit.ly/CDCHearHerAllysonFelix>

Messages for Pregnant and Postpartum Women

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Health care provider taking the blood pressure of a pregnant woman

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Sample Post

Are you pregnant? Have you given birth within the last year? If you feel something is wrong, don't ignore it.

Listen to your body, speak up, and seek help.

#HearHer <https://bit.ly/CDCHearHerWomen>

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Pregnant woman dressed in a hospital gown while lying in a hospital bed

[Download image for Twitter/X](#)

[Download image for Facebook and Instagram](#)

Sample Post

Each year in the US, thousands experience severe, unexpected pregnancy-related health problems. You know your body best. Voice your concerns if something doesn't feel right. Know the urgent maternal warning signs.

#HearHer <https://bit.ly/CDCHearHerWarningSigns>

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Health care provider taking the blood pressure of a pregnant woman

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Sample Post

Pregnancy-related complications like preeclampsia (high blood pressure) can happen during and after pregnancy. Learn about urgent maternal warning signs. And speak up if something doesn't feel right.

#HearHer <https://bit.ly/CDCHearHerWarningSigns>

Messages for Support Networks of Pregnant or Postpartum Women

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Pregnant woman and a support person touching her belly while sitting on a couch

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Sample Post

Be the support pregnant and postpartum women need. If someone who is or was pregnant in the past year shares any symptoms or concerns, take them seriously. Hear them out and act quickly. It could help save a life. #HearHer <https://bit.ly/CDCHearHerAdvocates>

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Pregnant woman and a support person touching her belly while sitting on a couch

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Sample Post

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Pregnant woman and a support person touching the pregnant belly

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Sample Post

When pregnant and postpartum women speak up about their concerns or symptoms, listen to them. Learn the urgent maternal warning signs and help them get the care they need. You could help save a life.

#HearHer <https://bit.ly/CDCHeardHerAdvocates>

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Pregnant woman and a support person talking at a kitchen counter

[Download image for Twitter/X](#)

[Download image for Facebook and Instagram](#)

Sample Post

Too many women die each year in the US due to pregnancy-related complications. If you know someone who is or was pregnant in the past year, hear her concerns and help her find the care she needs.

#HearHer <https://bit.ly/CDCHearHerAdvocates>

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Pregnant woman touching her head and belly

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[Download image for Facebook and Instagram](#)

Sample Post

Would you know if a loved one is having a serious pregnancy-related complication? If you know what to look for, you could do more than just help. You could help save a life. Learn the urgent maternal warning signs that need immediate care.

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Pregnant woman and a support person touching her belly

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[Download image for Facebook and Instagram](#)

Sample Post

If your pregnant or postpartum loved one says that something doesn't feel right, listen to their concerns.

Learn the urgent maternal warning signs that need immediate attention and help them find the care they need right away.

#HearHer <https://bit.ly/CDCHeardHerAdvocates>

Personal Stories

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Eleorra looking forward and the Hear Her logo

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[Download image for Facebook and Instagram](#)

Sample Post

"I felt relieved when I found a doctor that could actually hear me out."

Hear how Eleorra didn't stop until she got answers about her pregnancy complications.

#HearHer story: <https://bit.ly/CDCHeardHerEleorra>

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Valencia looking forward and the Hear Her logo

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[Download image for Facebook and Instagram](#)

Sample Post

"I always assumed it was just normal..."

Learn about Valencia's pregnancy complications and her path to getting the care she needed.

#HearHer story: <https://bit.ly/CDCHearHerValencia>

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Kylie looking forward and the Hear Her logo

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[Download image for Facebook and Instagram](#)

Sample Post

"...they rushed me back for an emergency C-section, where I hemorrhaged, and my kidneys failed."

Learn how Kylie survived life-threatening complications of pregnancy.

#HearHer story: <https://bit.ly/CDCHearHerKylie>

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Sanari looking forward and the Hear Her logo

[Download image for Twitter/X](#)

[Download image for Facebook and Instagram](#)

Sample Post

"Trust your gut and know that it's not normal if it doesn't feel normal."

Hear about Sanari's postpartum complications.

#HearHer story: <https://bit.ly/CDCHeardHerSanari>

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Lindsay looking forward and the Hear Her logo

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Sample Post

"If you feel something is a little off, go check, go make sure, talk to somebody, express how you feel."

Hear Lindsay's advice to pregnant and postpartum women.

#HearHer story: <https://bit.ly/CDCHeardHerLindsay>

Urgent Maternal Warning Signs

Messages for Pregnant and Postpartum Women

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Pregnant woman lying on her side in the bed

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Sample Post

Seek medical care immediately if you experience an urgent maternal warning sign during pregnancy or in the year after. Some include headaches that won't go away, changes in vision, and trouble breathing.

#HearHer <https://bit.ly/CDCHeardHerWarningSigns>

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Pregnant woman holding her back while sitting on couch

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Sample Post

It's normal to be tired during pregnancy or after you've given birth. But overwhelming tiredness, dizziness, or feeling very sad could be a warning sign of something more serious.

Speak up and seek medical care right away.

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Pregnant woman touching her head while looking at baby

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Sample Post

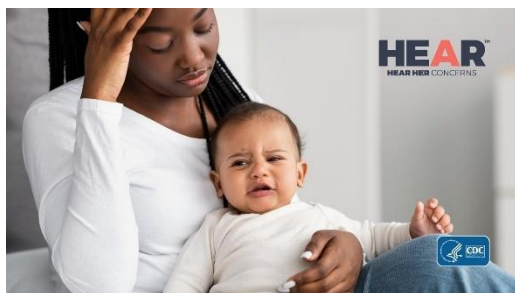
Things to look for during pregnancy and in the year after: fast-beating heart, heavy vaginal bleeding, changes in vision, trouble breathing.

Learn more about the urgent maternal warning signs and what to do. It could save your life.

#HearHer <https://bit.ly/CDCHearHerWarningSigns>

Messages for Support Networks of Pregnant and Postpartum Women

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Pregnant woman touching her head while looking at baby

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Sample Post

Is someone you love pregnant or had a baby in the past year? Listen to them if they express any concerns.

Learn about the urgent maternal warning signs. Acting quickly and helping them get immediate care could help save a life.

#HearHer <https://bit.ly/CDCHearHerAdvocates>

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Pregnant woman experiencing tiredness while walking up stairs

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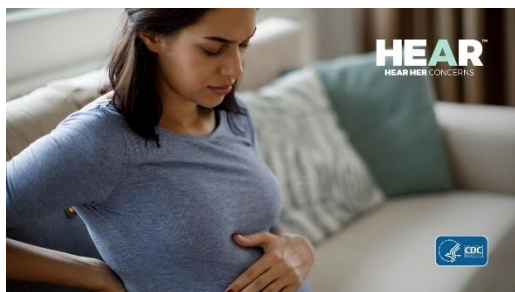
Sample Post

Pregnant and postpartum women know when something doesn't feel right.

Hear their concerns and help them get medical care immediately. It could help save a life.

#HearHer <https://bit.ly/CDCHearHerAdvocates>

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Pregnant woman touching her belly and back

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Sample Post

Fast-beating heart, heavy vaginal bleeding, changes in vision, and trouble breathing are just a few of the urgent maternal warning signs. Support your loved one by learning ALL the warning signs that need immediate medical care.

#HearHer <https://bit.ly/CDCHearHerWarningSigns>

Maternal Mortality

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Health care provider speaking to pregnant woman in lobby

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Sample Post

Too many women die each year in the US from pregnancy-related complications. Most of these deaths could be prevented.

Learn about how you can help save their lives.

#HearHer <https://bit.ly/CDCHearHerAdvocates>

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Pregnant woman touching her belly while sitting near a window

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Sample Post

Black, American Indian, and Alaska Native women who are pregnant and postpartum are more likely to die from pregnancy-related complications than others. Most of these deaths are preventable. Be the one to #HearHer. <https://bit.ly/CDCHearHerAdvocates>

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Health care provider taking blood pressure of a pregnant woman

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Sample Post

A pregnancy-related death can happen during pregnancy, at delivery, and even up to a year after delivery (postpartum). Every pregnancy-related death is tragic, especially because most are preventable.

#HearHer. Learn more: <https://bit.ly/CDCHearHerPregnancyRelatedDeath>

Social Media for Healthcare Professionals

Sample Social Media Posts for American Indian and Alaska Native Communities