



If your **“water breaks”**

Think of the word: **COAT**

Color: Red/bloody Green/Yellow

Odor: Might determine need for antibiotics

Amount: Gush or leaking

Time: Might determine need for antibiotics

Important:

If bleeding causes you to soak an pad- go to the hospital immediately- consider calling an ambulance.

If you notice and umbilical cord- also call for an ambulance

If either of these- lie down and elevate your legs!