

## **SIGNS AND SYMPTOMS OF LABOR**

Contractions that are strong enough to affect your breathing.

Contractions that cause you to stop what you are doing and sit down.

Contractions that occur at regular intervals and increases in intensity.

Contractions occur every 5 minutes or closer.

Rupture of membranes (water breaking) causes a large gush of watery fluid that soaks your underwear.

Rupture of membranes prior to labor contractions occurs in only 1 out of 10 women.