



North West Maternity Services

If you are pregnant and Black, Black British, Asian and Asian British, you may be more vulnerable to COVID-19.

Maternity services and hospitals are **open and safe** to attend any time. We are here to support you.

Here are some things we want you to know:

- Maternity services and hospitals are open and safe to attend
- Don't hesitate to call your midwife or maternity team if something doesn't feel right
- If you are worried about your emotional wellbeing please call your midwife, maternity team or GP
- Take 20 micrograms of Vitamin D every day
- Ensure you have your Flu vaccination.
- Speak to your midwife or maternity team to request translation services if you need them

**Trust your instincts:
Call your midwife or
maternity unit if you
are worried.**

