



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.

If you think you may be in labour whether you are due or not or experience any of the following :

- Regular painful contractions
- Leaking fluid - "waters broken"
- A change in baby's movements
- Any bleeding

Contact your midwife or maternity unit without delay.

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

