



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.

Please call your midwife if you feel any of these symptoms:

- A change in baby's movements
- Bleeding or spotting of blood
- Pain in your tummy
- New continuous cough
- Feeling hot or shivery
- Shortness of breath when resting or lying down
- Losing your sense of taste/smell

Call 999 if you feel very unwell or have severe chest pain.

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

