



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.

Pre-eclampsia is a condition that affects some women during pregnancy or soon after their baby is born.

Contact your midwife if you experience :

- A severe headache that doesn't go away with simple painkillers
- Problems with vision, such as blurring or flashing before the eyes
- Severe pain just below the ribs
- Nausea or vomiting
- Heartburn that doesn't go away with antacids
- Rapidly increasing swelling of the face, hands or feet (e.g. If your watch or rings suddenly don't fit.)

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

