



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.

Signs that you might be in labour :

- Contractions becoming regular and painful
- Backache
- Mucousy discharge or losing fluid (waters breaking)
- Feeling sick

If you think you are in labour, even if you are not due, contact your midwife or maternity unit without delay if :

- You want advice
- You are having strong contractions every 5 minutes
- You have any bleeding
- You have any leaking fluid or think that your waters have broken
- You think that your contractions are very strong and you feel you need more pain relief
- You feel a change in baby's movements

If you feel like pushing ring 999.

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