



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.

Your baby needs **Vitamin D** to develop normally and it has important benefits for you too.

You should take at least **20 micrograms** of Vitamin D every day when you are pregnant or breastfeeding (ask your pharmacy or GP for advice)

This is especially important if you :

- have darker skin
- usually wear clothes that cover most of your skin outdoors
- spend most of your time indoors
- are overweight

You can buy Vitamin D in pharmacies and supermarkets or you may be eligible for free Vitamin D – speak to your midwife about the Healthy Start Scheme or for further advice.

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