



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
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Here are some things we want you to know:

- Maternity services and hospitals are open and safe to attend
- Don't hesitate to call your midwife or maternity team if something doesn't feel right
- If you are worried about your emotional wellbeing please call your midwife, maternity team or GP
- Take 20 micrograms of Vitamin D every day
- Ensure you have your Flu vaccination.
- Speak to your midwife or maternity team to request translation services if you need them

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Don't hesitate to call your midwife if:

- You've missed an appointment and need to book another one
- You have any questions about your care or your appointments
- You do not know when your next appointment is
- You have symptoms of Covid-19.

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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.

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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.

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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.)

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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.

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COVID-19 restrictions have led to us spending more time in the home. This is because homes are perceived as being safer at this time

However, **not everyone** feels safe in their home.

Here are some things we want you to know:

- Your safety can be affected by a lack of love/respect and support or a lack of touch or isolation
- Your safety can be about a restriction to accessing your own money or finances
- It can also be somebody touching or hurting you against your will

THIS IS NOT OKAY.

Speak to your midwife about this in confidence and get advice on the support available for you.

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COVID-19 has resulted in changes to all of our lives

The constant limitations and changes can be tiring and draining.

This can affect mood and to help manage this you can:

- Improve your diet – try to add fruit and vegetables to each meal and have 3 natural colours on each plate
- Try walking for 30 minutes every day outdoors/indoors
- Do something each day that makes you feel happy (Singing, painting, calling a friend or family member)
- Try to have some structured routine to your day and sleep as this is important for your emotional well being
- Before you go to sleep reflect on one thing that made you smile in your day

It's okay not to be okay.

You can discuss these emotions confidentially with your midwife or GP

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Looking after your **wellbeing** is important - pregnancy can be a difficult and lonely time, especially during COVID-19.

- During pregnancy and afterwards, many women experience low mood, anxiety or even distressing thoughts. This can also affect your bond with your baby. You are not alone – help is available.
- Bonding with your baby is as important as feeding your baby. Talking to and thinking about your baby helps their brain development. There are services out there to help you with this.
- Dads and partners can experience low mood and difficult emotions too – this can impact the whole family's wellbeing. Support is available for all parents.

Don't be afraid to tell your midwife how you're feeling. They can help you to consider what support you may need with your emotional health and wellbeing.

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