



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.

For information to help you, your partner or family and friends keep safe please scan here

آپ کی معلومات کے لئے اور آپ کی اور آپ کے خاندان کی مدد اور حفاظت کے لئے یہاں سکن کریں

আপনাকে, আপনার সঙ্গীকে অথবা পরিবার ও বন্ধুদেরকে নিরাপদে থাকতে সাহায্য করবে এমন তথ্যের জন্য অনুগ্রহ করে এখানে স্ক্যান করুন

للحصول على معلومات لمساعدتك أو مساعدة شريكك أو أصدقائك في الحفاظ على سلامتهم، يُرجى المسح هنا

स्वयं, अपने जीवन-साथी अथवा परिवार एवं मित्रों को सुरक्षित रखने में सहायता करने हेतु जानकारी प्राप्त करने के लिए कृपया यहां स्कैन करें।

Para obtener información que le ayude a usted, a su pareja o a su familia y amigos a mantenerse a salvo, por favor, escanee aquí:

Si vous avez besoin d'aide, d'informations, pour vous-même, votre partenaire ou votre famille et amis, cliquez ici

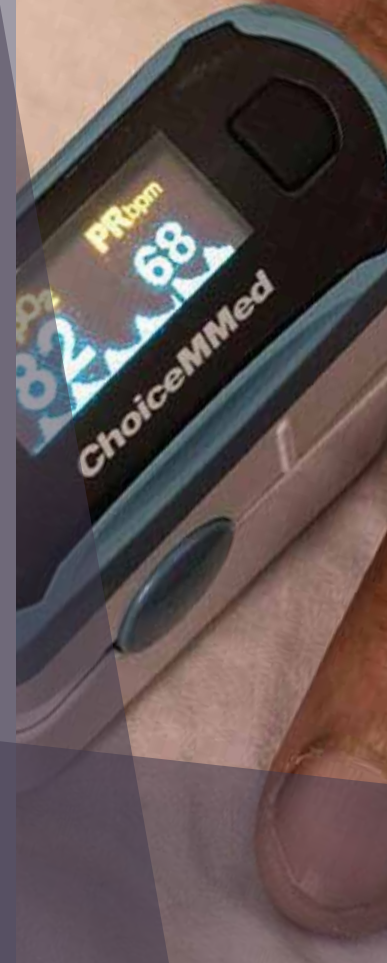
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Macluumaadka kaa caawinaya adiga, lammaanahaaga ama qoyskaaga iyo asxaabtaadu inay ammaan ahaadaan fadlan iskaan saar halkan

برای کسب اطلاعاتی که در حفظ امنیت شما، شریک زندگی یا خانواده و دوستانتان به شما کمک کند، لطفاً اینجا را اسکن کنید

بۆ زانیاری یارمه‌تیدانی تۆ، هاوبه‌شه‌که‌ت یان خێزانه‌که‌ت و برادره‌که‌ت سه‌لامه‌ت بن، تکایه ئێره سکان بکه



Pulse Oximetry at Home Service

If you test positive for COVID-19, please contact your GP to be referred to your local NHS 'Pulse Oximetry at Home' service. If your GP surgery is closed, please contact a GP by calling 111 and ask to be referred to the local 'Pulse Oximetry at Home' service.

The 'Pulse Oximetry at Home' service will provide you with a pulse oximeter device, advice and support in monitoring your blood oxygen levels for 2 weeks following your COVID-19 positive swab result.

This information explains when and where to seek medical advice if you are pregnant.

If you have coronavirus and you are pregnant, you might get sick quicker. This could affect you or your baby.

Trust your instincts if you are worried!

- If in doubt, get checked out!
- Voice your concerns
- Ensure your concerns are heard
- Do not wait until the next day or your next appointment.

If you are pregnant or have any concerns about your or your baby's health, or if you have any questions about how self-isolation might affect any of your appointments, please do not hesitate to contact your GP, midwife or maternity team.

If your oxygen levels are becoming lower, follow the guidance in this leaflet even if you are still feeling well

For more information visit

www.nhs.uk/conditions/coronavirus-covid-19/people-at-higher-risk/pregnancy-and-coronavirus



Blood Oxygen and pulse oximeters

Oxygen level in the blood (the oxygen saturation) can be measured by using a pulse oximeter, a small device that you attach to your finger to take a reading. If you use a pulse oximeter and your blood oxygen level becomes lower, follow the guidance in this leaflet on where to seek advice. Even if you do not feel breathless, your oxygen levels may be low.

It might help to write down your oxygen level readings. Keeping a record of regular readings makes it easier to see any changes. It can also help if you need to speak to a healthcare professional.

When and where to seek medical advice if you are pregnant:

To ensure you and your baby receive personal and safe care, immediately contact :

- Your GP or 111 if you are less than 20 weeks pregnant
- Your Midwife or Maternity Team if you are 20 weeks pregnant or more

If you experience any of the following:

- You feel breathless or have difficulty breathing, even if this is only when you are standing up or moving
- You have chest pains or palpitations
- You have severe muscle aches or tiredness
- You have shakes or shivers
- Your blood oxygen levels are 94%
- You sense something is wrong with you (weakness, severe tiredness, loss of appetite, peeing much less than normal, unable to care for yourself – simple tasks like washing and dressing or making food)
- You cannot cope with your symptoms at home
- You feel unsafe at any time

You should tell them that you are pregnant and that you may have coronavirus. They will assess your symptoms and advise you what to do next.

From 16-24 weeks on you should feel the baby move more and more up until 32 weeks then stay roughly the same until you give birth, if your baby's movements reduce or the pattern of movements changes contact your maternity unit directly

If you're using a pulse oximeter at home, make sure it has a CE mark, UKCA mark or CE UKNI mark. This means that the device will work properly and is safe if used correctly.

100	99	98	97	96	95	94	93	92	91	90 or less
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Normal blood oxygen level for most people - stay at home and continue to check your blood oxygen level regularly.

Immediately contact:

- Your GP or 111 if less than 20 weeks pregnant
- Maternity Triage/Labour Ward if you are 20 weeks pregnant or more

If you continue to record blood oxygen levels of 93% or less you need IMMEDIATE hospital assessment. Call 999 and attend your nearest:

- Emergency Department (A&E) if you are less than 20 weeks pregnant
- Maternity Triage/Labour Ward if you are 20 weeks pregnant or more

A minority of pregnant women with COVID-19 will suffer more severe symptoms. You should attend hospital as quickly as possible or call 999 immediately if you experience any of the following:

- Your blood oxygen levels are 93% or less (retake your reading immediately first)
- You are unable to complete short sentences when at rest due to breathlessness
- Your breathing gets worse suddenly

OR if you develop these more general signs of serious illness

- Cough up blood
- Feel cold and sweaty with pale or blotchy skin
- Collapse or faint
- Develop a rash that doesn't fade when you roll a glass over it
- Become agitated, confused or very drowsy
- Stopped passing urine or are passing urine much less than usual.

You should tell them you may have coronavirus and if you use a pulse oximeter give your oxygen saturation reading. These symptoms require urgent medical attention.