

COVID-19 and pregnancy

Maternity

If you are pregnant, you may be more vulnerable to Covid-19, becoming seriously unwell and being admitted to hospital. Women from Black, Asian and Minority Ethnic background have an even higher increased risk. Therefore, it is important if you feel your symptoms are worsening or if you are not getting better, you must seek medical help.

Maternity services and hospitals are open and safe to attend, 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
- You are worried about your emotional wellbeing (or call your GP)

Here are some things we want you to know:

- Take your pregnancy vitamins daily which have vitamin D in them
- Ensure you have your vaccinations when called
- You can request translation services if you need them

Call your midwife if you experience any of these symptoms:

- A change in baby's movements
- Bleeding or spotting of blood
- Pain in your tummy
- New continuous cough
- Have a high temperature or feeling 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.

COVID-19 and pregnancy

Maternity

Attending Maternity Appointments

For up to date guidance on lateral flow tests and visiting can be found on the Maternity web page:

<https://www.swbh.nhs.uk/services/maternity/>

To order lateral flow tests visit: <https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests>

Further Information

NHS Website

Pregnancy and coronavirus (Covid-19)

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

Royal College of Obstetricians and Gynaecologists

Coronavirus infection and pregnancy (includes videos)

<https://www.rcog.org.uk/en/guidelines-research-services/guidelines/coronavirus-pregnancy/covid-19-virus-infection-and-pregnancy/>

(Websites accessed 17 February 2022).

Contact Details

Maternity Triage: 0121 507 4181 (Open 24hrs/7 days a week)

For more information about our hospitals and services please see our website www.swbh.nhs.uk, follow us on Twitter [@SWBHnhs](https://twitter.com/SWBHnhs) and like us on Facebook www.facebook.com/SWBHnhs.

If you would like to suggest any amendments or improvements to this leaflet please contact SWB Library Services on ext 3587 or email swbh.library@nhs.net.



A Teaching Trust of The University of Birmingham
Incorporating City, Sandwell and Rowley Regis Hospitals
© Sandwell and West Birmingham Hospitals NHS Trust

ML6472

Issue Date: February 2022
Review Date: February 2025