

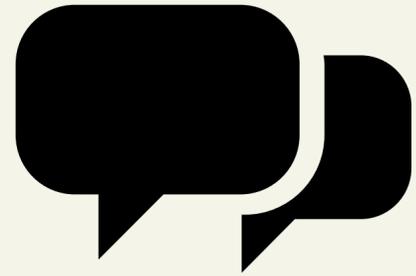
Pregnant? You are not alone.

We are always here to support you



Smiling eyes

It might be a bit scary to see your midwife or doctor in full protective gear. Remember this is to protect them and you. Look at their eyes though - they're still smiling at you.



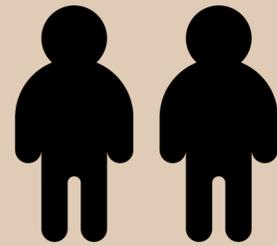
Tell us if something doesn't feel right

If something doesn't feel right, for you or your baby, let us know as soon as possible. It may be nothing, but let us put your mind at ease.



Antenatal appointments

It's really important for you and your baby that you continue to go to all your appointments - travelling to them IS essential travel, so please make sure you attend. If you or a family member have COVID-19 symptoms, please call before setting off for your appointment.



Birth partners

As long as they have no COVID-19 symptoms, your birth partner will be able to be with you during labour (except if you have to have general anaesthetics). We are asking that you come with one birth partner only and that the birth partner is from your household. If they have the virus, they may still be able to be involved via video call away from the hospital. Try to have a back-up partner on hand, just in case.



Honesty is the best policy

You will still receive care and support for your pregnancy and labour, even if you have or think you or anyone in your home has COVID-19.

But please let your maternity team know BEFORE you come to hospital or a midwife comes to your home. This helps the take precautions and reduce their risk.



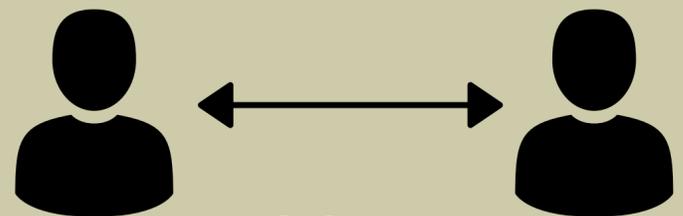
Home births

Some services have had to suspend home births at the moment, partly because of midwives having to self isolate and partly because of the pressure on paramedics. Check with your midwife whether this affects you.



Respect and dignity

You will be treated with respect and dignity, including ensuring privacy. Please respect the staff who are supporting you too.



Social distancing

Because of the rules around social distancing, your midwife or doctor might not spend as much time close to you as they usually would. Make sure that you continue to practice social distancing too.



Clear communication and information

Your midwife or doctor will give you as much information as they can - throughout pregnancy labour and childbirth - so that you can make the right decisions for you and your baby.



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