

If you are pregnant and you identify as a Black, Asian or another Minoritised Ethnicity, we want you to know...

## We are here to support you.

### Do you have concerns about your pregnancy or your maternity care on account of your ethnicity?

Research produced during the COVID-19 outbreak has shown that pregnant women from Black, Asian and minoritised backgrounds (which we often refer to in the NHS as BAME backgrounds) have an increased chance of having severe symptoms of COVID-19 that require hospitalisation (4x the chance). Research is ongoing to explain the reasons for why this is the case so we can provide appropriate care.

In these uncertain times, we want to support you with any anxieties you might be experiencing about coming to or staying in hospital. We would like to know that we are here to help and support you.

- If you are in established labour, a birth partner who is free of COVID-19 symptoms can be with you to support you.
- We have translation services available both face to face and over the telephone if you need. Please ask your midwife to make arrangements for this.
- If you are staying on the ward, although we are unable to admit visitors at this time, we have midwives, student midwives and support staff who are all there to support and help you. You are not alone.
- If you have any concerns that your ethnicity might be effecting the type of care you're receiving please call the Patient Advice Liaison Service (PALS) on 01582 497990 (L&D) or 01234 795814 (Bedford).

Your midwife will be asking you at every antenatal check if you are experiencing any symptoms of COVID-19. This is to try and keep you and your baby safe. If you have COVID-19 symptoms only, please call 111 and they will be able to advise you. If you have COVID-19 symptoms and another pregnancy related issue, please call Delivery Suite on 01582 502285 (L&D) / 01234 795805 (Bedford). Lines are open 24 hours a day.

The symptoms to be aware of are:

- A raised temperature or fever experienced in the last 24 hours
- Cough
- Flu like symptoms
- Loss of taste and/or smell

**We are here for you.**

From the Bedfordshire Hospitals Maternity Team

