

EasyRead information about pregnancy during the coronavirus pandemic.



We know that you might be feeling worried about being pregnant during this time.

It is normal to feel a bit worried about how coronavirus might affect you and your baby.



We want you to know that at Bradford Royal Infirmary you will be safe and cared for.

We are doing everything to make sure this happens.



Women from a BAME background and are pregnant are likely to be more poorly than those who are not from a BAME background.



Everyone needs to do all they can to keep themselves safe.



You should only leave your home to do things that you really need to.

It is best if you can ask other people to go to the shops for you.



If you do need to go out then make sure that you stay 2 metres, or 2 large steps away from other people.

This is called social distancing.



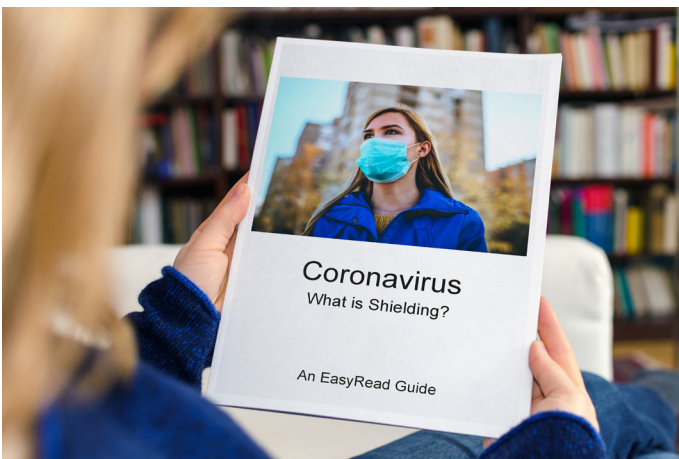
Wash your hands regularly with soap and water.

You should do this for 20 seconds, as long as singing the happy birthday song twice.



Some pregnant women are classed as 'extremely vulnerable.'

This is usually because they have heart disease or another health condition.



If you are classed as extremely vulnerable you must follow the 12 week 'Shielding' advice.

You should get a letter from NHS England.



Shielding is about keeping you away from other people, even in your own home.

If you think you need to do this but you haven't got a letter then please talk to your doctor.

Appointments



Go to all your appointments unless you have been told not to by your midwife.

Our maternity unit is open and we are still here to care for you and your baby.



We want you to know that it is a safe place to come to.

You must go to all appointments and ultrasounds on your own.

This will help to keep you safe and stop the spread of coronavirus.



Your midwife will call you before your appointment to ask if you have coronavirus symptoms.

The most common symptoms are a new cough, a high temperature as well as a loss of smell and taste.



At your appointments, you may see staff wearing protective equipment, like masks and gloves.

This is to help keep everyone safe from the virus.



After your baby is born, your midwife will call you to arrange postnatal (after birth) care with you.



All women need to call before attending the maternity unit but the front door is open until 5pm.

After 5pm you will have to use the night and weekend entrance at the back of the building.

Call the unit



It is important that you call the unit if:

- You are worried about your baby's movements
- If you think you are in labour
- If you have pain
- If you have vaginal loss or bleeding
- If you have urgent concerns about your pregnancy

Your Babies Movements



Movements are important for all babies.

If you have been told you are having a high-risk pregnancy because for example:

- You are diabetic
- You are expecting more than one child
- You have high blood pressure

Do not hesitate to contact the unit about your baby's movements.

Have a look at this website, Tommy's Movements Matter, for information about baby movements.

Please do not wait, we are open 24 hours a day.

The number for our maternity assessment unit is 01274 364531 or 364532.

Limits to Visitors



Changes have been made to visiting during this time.

One birth partner is allowed for labour, birth and immediately after birth.

Birth partners need to be free of any coronavirus symptoms.

Birth partners are not allowed to any pre-birth appointments or postnatal wards.

We know these limits will be difficult and we ask for your understanding so we can keep all our mothers and babies safe.

We wish you a happy and healthy pregnancy and birth.

We look forward to seeing you soon for the birth.

You can find more advice on our Facebook site.