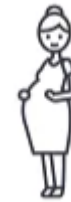



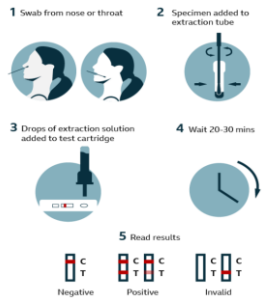










**If you are pregnant and you identify as Black, Asian or other Minority Ethnicities, we want you to know....**

**we are here to support you**



<p><b>Covid can be more harmful to people from a Black, Asian or Minority Ethnic background</b></p> 	<p><b>Your maternity teams are working hard to ensure you, your baby and family stay safe and well</b></p> 
<p><b>If you need a translator, we have a translation service which is face to face or on the phone. Speak to your midwife for more info</b></p> 	<p><b>Anyone who attends the birth of a baby needs to have a negative Covid lateral flow test</b></p> <p>How the rapid tests work</p> <ol style="list-style-type: none"> <li>1 Swab from nose or throat</li> <li>2 Specimen added to extraction tube</li> <li>3 Drops of extraction solution added to test cartridge</li> <li>4 Wait 20-30 mins</li> <li>5 Read results</li> </ol>  <p><b>Ask your midwife for more info or visit <a href="http://www.gov.uk">www.gov.uk</a></b></p>
<p><b>At your appointments, you will be asked by your midwife if you have any symptoms of Covid</b></p> 	<p><b>The symptoms to be aware of are:</b></p> <p><b>A raised temperature or fever in the last 24 hours</b></p> <p><b>Cough</b> </p> <p><b>Flu like symptoms</b> </p> <p><b>Loss of taste and/or smell</b> </p>
<p><b>If you have any queries or concerns about the support we are offering, please contact your midwife</b></p> <p><b>Or visit <a href="http://www.nhs.uk">www.nhs.uk</a> for more info</b></p> 	<p><b>NHS</b> University Hospitals Bristol and Weston NHS Foundation Trust  <a href="http://www.uhbristol.nhs.uk/patients-and-visitors/your-hospitals/st-michaels-hospital/">http://www.uhbristol.nhs.uk/patients-and-visitors/your-hospitals/st-michaels-hospital/</a></p> <p><b>NHS</b> North Bristol NHS Trust  <a href="https://www.nbt.nhs.uk/maternity-services">https://www.nbt.nhs.uk/maternity-services</a></p> <p> <b>UHBW : 0117 342 5214/ 5213</b>  <b>NBT : 0117 414 6918/ 6917</b>  <b>Lines are open 24 hours a day</b></p>