Taking care of yourself and your baby

If you have a cough, are breathless or feel hot and shivery, call 111 and do not attend your appointment.

Go to all your appointments. Some may be online or by phone.

Maternity services are open

If you are worried about how your baby is moving or have blood in your pants, call your midwife.

Make a private space for you and your midwife when they visit you.

www.rcm.org.uk/coronavirus