

## COVID-19: VIDEO RESOURCES IN 8 LANGUAGES (5<sup>th</sup> October 2020)

Co-produced by the Local Maternity Systems for the North East and the Regional Refugee Forum North East

### URGENT MESSAGES TO PREGNANT WOMEN FROM THE LOCAL MATERNITY SYSTEMS AND REFUGEE-LED COMMUNITY ORGANISATIONS in

1. [Albanian](#)
2. [Amharic](#)
3. [Arabic](#)
4. [Farsi](#)
5. [French](#)
6. [Swahili](#)
7. [Tamil](#)
8. [Urdu](#)

#### 1. The translated text cards read

COVID-19

Important Information for pregnant Black, Asian and minority ethnic women from NHS Local Maternity Systems

COVID-19 is having a disproportionate impact on black, Asian, and minority ethnic people.

All Pregnant BAME women are at increased risk of becoming unwell with COVID-19

Asian women are 4 times more likely than white women to be admitted to hospital with COVID-19 during pregnancy.

Black women are eight times more likely.

Get help early. It's very important to act quickly if you're worried about your health or the health of your unborn baby

Local maternity services are still available, no matter what day it is or time

They're safe to access

Always attend your appointments, unless you have symptoms of Covid-19

Ensure you're getting enough Vitamin D to maintain your health

Call NHS 111 if you have any of these symptoms:

- o Raised temperature in the last 24 hours - above 37.8c
- o A new dry persistent cough
- o Loss of smell and/or taste

Continue to follow Government advice to prevent the risk of getting Covid-19

- o wash hands regularly
- o maintain social distance
- o wear a face covering

Now listen to further details from the Lead for Local Maternity Systems in the North East, with translation by Refugee Community Organisation host

*(See end of document for translations of this text in 8 languages)*

## **2. Zoom meeting script**

### **A Q & A between the Refugee Community Organisation host and Kathryn Hardy, Programme Lead for Local Maternity Systems in the North East region.**

#### **Host (in own language)**

We've made this video to share some really important messages with pregnant women in the Farsi speaking community. It relates to Covid-19. I'm speaking with Kathryn Hardy who leads on Local Maternity Services across the North East region.

Hello Kathryn, what urgent messages do you want to share with women in the Farsi speaking community? And why is this so important during Covid-19?

#### **Kathryn Hardy (in English)**

Thank you for helping us today. As you've said, I'm Kathryn Hardy. I'm a midwife and I lead on Local Maternity Services across the North East

We're really concerned because recent analysis by Oxford University shows that COVID-19 is having a disproportionate impact on black, asian, and minority ethnic pregnant women. They're all at increased risk of becoming unwell with COVID-19. Black pregnant women are eight times more likely to be admitted to hospital with COVID-19 than white pregnant women, while Asian women are four times more likely.

This concerns us deeply of course. We don't yet know why this is happening. But we can assure you the Government is taking it very seriously and has commissioned research to find out. Meanwhile we want to make sure the NHS is doing everything we can to reach out, reassure and support those pregnant women and new mums most at risk. We want to share messages that could protect expectant mothers in your community.

Firstly, we want to advise pregnant women to *Get help early*. Don't delay. It's very important to act quickly if you're worried about your health, or the health of your unborn baby. For example, if you feel a changed pattern of foetal movement, get in touch with the maternity unit where you're booked to have your baby, immediately.

And we also want to reassure women that maternity services *are* still available. Services for pregnant women *are* still running throughout this awful pandemic. We want to stress that women should always attend appointments, unless they have symptoms of Covid-19.

#### ***Host translates***

#### **Host (in own language)**

Kathryn, how does someone make contact with the maternity services, to get help?

#### **Kathryn Hardy**

All women have a community midwife and must book in with the community midwife as soon as they think they may be pregnant. The community midwife is linked to the GP, so if you're pregnant and haven't booked in with the community midwife, contact your GP now to be put in touch.

An interpreting service is available to all women. Please inform all health professionals that you meet that you'll need an interpreter and say which language is needed. Then the health professionals (GP, Community Midwife) will organise this for your appointment.

During the pandemic appointments are a combination of virtual on line appointments, face to face and telephone. This depends what the reason for the appointment is and at what stage of pregnancy you are. The community midwife will explain this to you

Check with your community midwife or hospital where you're booked to have your baby if you can bring a partner with you for support. Most hospitals have now relaxed the restrictions. However, not all can, because of the size of rooms for example.

We know the pandemic outbreak has caused some people to worry about seeking help from the NHS, and there's been a decrease in attendances for some NHS services. We want to reassure people that the services *are* safe.

Social distancing is practised wherever possible, this is why restrictions were in place asking women to attend appointments and scans alone as the waiting rooms and scan rooms did not allow social distancing to be undertaken.

Strict hand washing is in use

Additional hand washing facilities and sterilising gel is available all over the hospitals

Face masks are readily available at entrances to hospitals

All staff wear PPE and change between each patient – there is enough PPE

Rooms are disinfected between each woman

Equipment is disinfected between each woman

All patients are swabbed to test if they have Covid-19, even if they don't have any symptoms

Vitamin D is important for health. Women low in vitamin D may be more vulnerable to Covid-19, so women with darker skin or those who always cover their skin when outside may be at particular risk of vitamin D insufficiency and should consider taking a daily supplement of vitamin D all year.

Vitamin D is found in a small number of foods, such as oily fish, red meat, liver, egg yolks and fortified foods – such as some fat spreads and breakfast cereals which have vitamins added.

Or you can consider taking 10 micrograms of vitamin D a day. You can buy these supplements from supermarkets and pharmacies. But taking more than the recommended dose of Vitamin D via supplements can damage the bones, kidney and heart. You can't overdose on vitamin D through exposure to sunlight.

### ***Host translates***

#### **Kathryn Hardy**

Can I remind everyone to call NHS 111 if you have any of these symptoms:

- Raised temperature in the last 24 hours - above 37.8c
- A new dry persistent cough
- Loss of smell and/or taste

And please continue to follow Government advice to prevent the risk of getting Covid-19

- o wash hands regularly
- o maintain social distance
- o wear a face covering

***Host translates***

**Host (in own language)**

Kathryn, we see stories being circulated on social media that Covid-19 is man-made and genetically targeted at the BAME community. They say, if it's a natural virus, why does it affect BAME people more?

We also see stories that BAME people are secretly being used as guinea pigs for testing new drugs and vaccines for the Covid-19, and so people are being deliberately infected with it when they access the NHS.

Claims about medicines that give immunity are also circulating and some people are taking these and think they're safe.

**Kathryn**

Viruses do mutate naturally and sometimes create forms that humans have no immunity to. There is no evidence the virus is manmade.

We don't know yet why it adversely affects people from a BAME community more, however, research is being undertaken to find out. There are worries that perhaps BAME families don't get help quickly enough because they're afraid or because they don't think they're ill enough, and then by the time they do seek help they're severely ill. This is why we're urging pregnant women not to stay at home thinking they'll get better. Please get checked over even if you don't feel very ill.

I want to reassure everyone that we're in this together and that no one is being used as a guinea pig for testing new drugs without their consent. Some of my Doctor friends have volunteered to help find a vaccine. The checking process for taking part in this is very strict. I want to reassure everyone that we're working on finding a vaccine to protect us all, but this is being undertaken through a very strict process so as not to place anyone at undue risk.

There's no current vaccine available for COVID – 19. No current medication has any effect on this new virus. Many Universities across the world are working on a vaccine to protect us all, but this isn't expected to be ready soon as it must go through vigorous checks before it's judged to be safe and effective. When a vaccine to protect us all is available there'll be a national campaign for everyone to receive the vaccine, regardless of race or ethnicity. I'll certainly be having the vaccine.

We'd be very worried if anybody believed they're immune by taking some untested drug or believing in a false claim. They could be putting themselves and their families at even greater risk of infection with Covid-19 if it means they don't take the precautions of washing hands, social distancing and wearing a mask. ***Hosts translates***

**Host (in own language)**

Thank you Kathryn for explaining this to us and sharing these messages

## Kathryn

Please do get in touch with me if your community has any other questions or concerns.

We're here to ensure pregnant women in your community get all the support they need for a safe pregnancy and birth

## Host (in own language)

Please do contact me if you have any other questions or issues around pregnancy and giving birth and I will ask Kathryn for answers

## With thanks to Regional Refugee Forum North East members for their contribution

- Tebabu from the Ethiopian Community in Newcastle upon Tyne & Gateshead
- Latifa from Creative Minds, Middlesbrough
- Abida from Steps Tees, Middlesbrough
- Entella from Diversity inside Us, Stockton on Tees
- Ebtisam from Women Can Do It, Middlesbrough
- Gladys from Purple Rose, Stockton on Tees
- Nasrin (RRF), Newcastle upon Tyne
- Printha and Vathany from the Tamil Cultural Society, Redcar & Middlesbrough
- And Bukie, Sazi, Shami, Shamiso, Suraiya, Susan, Elham, Ibrahim, John, Maya, Aissatou, Rama, Riada, Jurgita, Mohammed, Arooba, Sara and Samsoudini



## Translations of text cards

### ALBANIAN (thanks to RCO Diversity Inside Us)

	English	Albanian
1	COVID-19 Important Information for pregnant Black, Asian and minority ethnic women from NHS Local Maternity Systems	COVID-19 Informacion I rëndësishëm për gratë shtatëzëna Afrikane Aziatike dhe pakicat etnike nga NHS dhe shërbimi I lindjeve vendore.
2	COVID-19 is having a disproportionate impact on black, Asian, and minority ethnic people.  All Pregnant BAME women are at increased risk of becoming unwell with COVID-19	COVID-19 ka patur një ndikim jo te njëjtën njerëzit me ngjyre Aziatike dhe ato te pakicave kombëtare.  Te gjitha gratë shtatëzëna BAME (Black, Asian and minority ethnic women) janë një rrezik ne rritje për tu prekur nga COVID-19
3	Asian women are 4 times more likely than white women to be admitted to hospital with COVID-19 during pregnancy.  Black women are eight times more likely.	Gratë aziatike shtrohen ne spital nga COVID-19 gjate shtatëzënise 4 herë më.  Shumë sesa gratë e racës se bardhe ndërsa ato Afrikane 8 herë më shumë.
4	Get help early. It's very important to act quickly if you're worried about your health or the health of your unborn baby	Kërko ndihme herët .Është shumë e rëndësishme të veprosh sa më shpejt nëse jeni të shqetësuar për shëndetin tuaj apo te fëmijës.
5	Local maternity services are still available, no matter what day it is or time They're safe to access Always attend your appointments, unless you have symptoms of Covid-19	Shërbimet e Lindjeve Vendoredo të vazhdojnë punën dhe janë të sigurta për t'ju pritur në çdo kohë dhe ditë.  Gjithmonë paraqituni në takim përveçse në rastet kur keni simptoma të COVID-19.
7	Ensure you're getting enough Vitamin D to maintain your health	Sigurohuni që po merrni mjaftueshëm Vitamine D për të qënë të shëndetshëm
8	Call NHS 111 if you have any of these symptoms: <ul style="list-style-type: none"> <li>o Raised temperature in the last 24 hours - above 37.8c</li> <li>o A new dry persistent cough</li> <li>o Loss of smell and/or taste</li> </ul>	Telefononi NHS 111 nëse keni një nga këto simptoma. <ul style="list-style-type: none"> <li>o Temperaturë në rritje mbi 37.8 përgjatë 24 orëve të fundit.</li> <li>o Kollë e thatë dhe e vazhdueshme.</li> <li>o Humbje e nuhatjes dhe e shijes.</li> </ul>
9	Continue to follow Government advice to prevent the risk of getting Covid-19 <ul style="list-style-type: none"> <li>o Wash hands regularly</li> <li>o Maintain social distance</li> <li>o Wear a face covering</li> </ul>	Vazhdoni të ndiqni këshillat e Qeverisë për te parandaluar rrezikun e infektimit nga COVID-19 <ul style="list-style-type: none"> <li>o Lani duart rregullisht.</li> <li>o Ruani distancën nga njeri-tjetri.</li> <li>o Vendorsni maskën e posaçme.</li> </ul>

### AMHARIC (thanks to RCO Ethiopian Community in Newcastle & Gateshead)

	English	Amharic
1	COVID-19 Important Information for pregnant Black, Asian and minority ethnic women from NHS Local Maternity Systems	ኮቭድ-19 ጥቁር ኤሽያዊ እና ሌላ አናሳ ለሆኑ እርጉዝ ሴቶች ከኤንኤች ኤስ የወሊድ እገልግሎት የተሰጥ ጠቃሚ መረጃ

2	COVID-19 is having a disproportionate impact on black, Asian, and minority ethnic people.  All Pregnant BAME women are at increased risk of becoming unwell with COVID-19	ኮቪድ-19 በጥቁርነት በእስያውያንና ሌሎች አናሳ ህብረሰቦች ያልተመጣጠነ ተጽኖ እያደረሰ ነው።  እነዚህ እርጉዝ ሴቶች በዚህ በሽታ የመታመም የበለጠ አደጋ ውስጥ ናቸው።
3	Asian women are 4 times more likely than white women to be admitted to hospital with COVID-19 during pregnancy.  Black women are eight times more likely.	አንድ እስያዊት እርጉዝ ሴት ከነጭ እርጉዝ ሴት አራት ጊዜ የበለጥ በበሽታው ታማ ሃኪም ቤት የመግባት አደጋ አለባት።  ጥቁር እርጉዝ ሴት ደሞ ዕድሉ ስምንት ጊዜ የባለ ነው።
4	Get help early. It's very important to act quickly if you're worried about your health or the health of your unborn baby	ቶሎ ብላችሁ ርዳታን እሹ። ፈጥኖ እርምጃ መውሰድ አስፈላጊ ነው። የጤናዎ ወይም የፅንሱ ጉዳይ ካሳሰቡት።
5	Local maternity services are still available, no matter what day it is or time They're safe to access Always attend your appointments, unless you have symptoms of Covid-19	የማዋለጃ አገልግሎቶች በማንኛውም ቀንና ሰዓትም ቢሆን ከፍት ናቸው። እነዚህ ቦታዎች መሄድ ለጤና ጉዳት አያመጣም  የኮቪድ-19 ምልክት እስከሌላባችሁ ድረስ ቀጠሮዎችሁን አትሳቱ
7	Ensure you're getting enough Vitamin D to maintain your health	ለጤንነታችሁ ስትሉ በቂ ቫታምን-ዲ ማግኘታችሁን አረጋግጡ።
8	Call NHS 111 if you have any of these symptoms: o Raised temperature in the last 24 hours - above 37.8c o A new dry persistent cough o Loss of smell and/or taste	ይሚከተሉት ምልክቶች ካሉት ኤን ኤች ኤስ 111 ደውሉ። <ul style="list-style-type: none"> <li>• ባለፉት 24 ሰዓታት ውስጥ የሰውነትዎ ሙቀት ከ37.8 ድግሪ ሴንትግራድ ከበለጠ</li> <li>• አዲስ የማይቁዋርጥ ደረቅ ሳል</li> <li>• ማሽተት እና ወይንም ማጣጣም አለመቻል</li> </ul>
9	Continue to follow Government advice to prevent the risk of getting Covid-19 o wash hands regularly o maintain social distance o wear a face covering	ኮቪድ-19ን ለመከላከል መንግሥት የሰጠውን መመሪያ መከተል <ul style="list-style-type: none"> <li>• በተደጋጋሚ እጅ መታጠብ</li> <li>• የተባለውን ርቀት መጠበቅ</li> <li>• የፊት ጨንበል መልበስ</li> </ul>

**ARABIC** (Thanks to RCO Women Can Do It)

English	Arabic
COVID-19 Important Information for pregnant Black, Asian and minority ethnic women from NHS Local Maternity Systems	فيروس كورونا ٢٠١٩  معلومات مهمة من خدمات الأمومة المحلية NHS الى النساء الحوامل من ذوي البشرة الداكنة و الآسيوية و الأقليات العرقية
COVID-19 is having a disproportionate impact on black, Asian, and minority ethnic people.  All Pregnant BAME women are at increased risk of becoming unwell with COVID-19	إن لغايروس كورونا تأثير متفاوت على النساء الحوامل من ذوي البشرة الداكنة والآسيويات والأقليات العرقية.  حيث أن خطر الإصابة بفيروس كورونا و تدهور الحالة الصحية يتضاعف عند النساء الحوامل ذوات البشرة الداكنة والآسيويات والأقليات العرقية.
Asian women are 4 times more likely than white women to be admitted to hospital with COVID-19 during pregnancy.  Black women are eight times more likely.	ان احتمالية التعرض للإصابة بالفيروس تتضاعف عند الحوامل الآسيويات أربعة أضعاف عند دخولهم الى المستشفى مقارنة بالنساء الحوامل ذوي البشرة البيضاء بينما يصل معدل احتمالية الإصابة بالفيروس عند الحوامل ذوي البشرة الداكنة الى ثمانية أضعاف

Get help early. It's very important to act quickly if you're worried about your health or the health of your unborn baby	لا تتأخري في طلب الحصول على المساعدة المبكرة. من المهم جداً التصرف بسرعة في حال إحساسك بالقلق بشأن صحتك أثناء الحمل أو صحة الجنين
Local maternity services are still available, no matter what day it is or time They're safe to access	أن خدمات الأمومة لا تزال متاحة، بغض النظر عن اليوم أو الوقت جميع الخدمات التي نقدمها آمنة
Always attend your appointments, unless you have symptoms of Covid-19	الرجاء الالتزام بحضور مواعيدك، إلا في حالة ظهور أعراض فيروس كورونا عليك
Ensure you're getting enough Vitamin D to maintain your health	للحفاظ على صحتك تأكد من حصولك على مقدار كافٍ من فيتامين د
Call NHS 111 if you have any of these symptoms: <ul style="list-style-type: none"> <li>○ Raised temperature in the last 24 hours - above 37.8c</li> <li>○ A new dry persistent cough</li> <li>○ Loss of smell and/or taste</li> </ul>	في حال ظهور أي من الأعراض التالية عليك، اتصلي على ١١١: <ul style="list-style-type: none"> <li>● ارتفاع درجة الحرارة خلال الـ 24 ساعة الماضية - فوق 37,8 درجة مئوية</li> <li>● ظهور مفاجئ سعال جاف و مستمر</li> <li>● فقدان حاسة الشم أو التذوق</li> </ul>
Continue to follow Government advice to prevent the risk of getting Covid-19 <ul style="list-style-type: none"> <li>○ wash hands regularly</li> <li>○ maintain social distance</li> <li>○ wear a face covering</li> </ul>	ويرجى الاستمرار في اتباع التدابير الوقائية التي تنصح بها الحكومة لمنع خطر الإصابة بالفيروس <ul style="list-style-type: none"> <li>● اغسل يديك بانتظام</li> <li>● الالتزام بترك مسافة أمان بينك وبين أي شخص</li> <li>● ارتداء غطاء الوجه (الماسك)</li> </ul>

## FARSI

English	Farsi
COVID-19 Important Information for pregnant Black, Asian and minority ethnic women from NHS Local Maternity Systems	کویید ۱۹ اطلاعات مهم از طرف سرویس خدمات زایمانی محلی سازمان بهداشت برای زنان باردار اقلیت های قومی، سیاه پوست و آسیایی
COVID-19 is having a disproportionate impact on black, Asian, and minority ethnic people. All Pregnant BAME women are at increased risk of becoming unwell with COVID-19	ویروس کویید ۱۹ تأثیر نامتناسب بر افراد قومی سیاه پوست، آسیایی و اقلیت دارد تمام زنان باردار اقلیت های قومی در ریسک بالا تری در رابطه با ابتلا به کویید ۱۹ هستند
Asian women are 4 times more likely than white women to be admitted to hospital with COVID-19 during pregnancy. Black women are eight times more likely.	زنان آسیایی چهار برابر بیشتر از زنان سفیدپوست در خطر بستری شدن در بیمارستان بعلت ابتلا به کویید ۱۹ در دوران بارداری شان هستند درمورد زنان سیاهپوست این احتمال هشت برابر می باشد
Get help early. It's very important to act quickly if you're worried about your health or the health of your unborn baby	برای گرفتن کمک زود اقدام کنید و تأخیر نکنید. این خیلی مهمه که به محض اینکه نگران سلامت خود یا سلامت بچه در دوران بارداری بشوید سریعاً اقدام کنید
Local maternity services are still available, no matter what day it is or time They're safe to access	سرویسهای محلی برای خدمات دوران بارداری، همچنان در دسترس هستند صرف نظر از اینکه چه روزی و چه ساعتی باشد آنها برای دسترسی امن هستند
Always attend your appointments, unless you have symptoms of Covid-19	در نوبت های خود همیشه شرکت کنید، مگر اینکه علائم کویید ۱۹ داشته باشید



Ensure you're getting enough Vitamin D to maintain your health	برای حفظ سلامتی خود حتماً به اندازه کافی ویتامین دی استفاده کنید
Call NHS 111 if you have any of these symptoms: <ul style="list-style-type: none"> <li>○ Raised temperature in the last 24 hours - above 37.8c</li> <li>○ A new dry persistent cough</li> <li>○ Loss of smell and/or taste</li> </ul>	اگر هر یک از این علائم زیر را دارید سریعاً با شماره ۱۱۱ ان - اچ - اس تماس بگیرید درجه حرار بالاتر از ۳۷/۸ درجه سانتیگراد ظرف ۲۴ ساعت گذشته سرفه مداوم خشک جدید از دست دادن حس بویایی و یا چشایی
Continue to follow Government advice to prevent the risk of getting Covid-19 <ul style="list-style-type: none"> <li>○ wash hands regularly</li> <li>○ maintain social distance</li> <li>○ wear a face covering</li> </ul>	توصیه های دولت را دنبال کنید تا از خطر ابتلا به کووید ۱۹ جلوگیری کنید مرتباً دست هایتان را بشویید فاصله اجتماعی را حفظ کنید صورت خود را بپوشانید

### FRENCH (Thanks to RCO Purple Rose)

	English	French
1	COVID-19 Important Information for pregnant Black, Asian and minority ethnic women from NHS Local Maternity Services	Covid-19 Information importante par le responsable des services de maternité de NHS dans la Région du Nord-Est les pour les femmes BAME enceintes.
2	COVID-19 is having a disproportionate impact on black, Asian, and minority ethnic people.  All Pregnant BAME women are at increased risk of becoming unwell with COVID-19	Covid 19 a un impact disproportionné sur les femmes enceintes Noire, Asiatique, et les minorités ethniques.  Les femmes BAME enceintes courent tous un risque accru de malaise avec le Covid 19
3	Asian women are 4 times more likely than white women to be admitted to hospital with COVID-19 during pregnancy.  Black women are eight times more likely.	Les femmes Asiatique sont quatre fois plus susceptibles d'être admis à l'hôpital avec Covid 19 que les femmes enceintes blanches.  Les femmes noires sont huit fois plus.
4	Get help early. It's very important to act quickly if you're worried about your health or the health of your unborn baby	Obtenir de l'aide rapidement. Il est très important d'agir rapidement si vous êtes inquiet pour votre santé ou la sante de votre bébé à naître.
5	Local maternity services are still available, no matter what day it is or time  They're safe to access	Les services de maternité sont toujours disponibles à toutes moment.  Ils sont accessibles et sans risque.
6	Always attend your appointments, unless you have symptoms of Covid-19	Respectez les rendez-vous à moins que vous présentiez les symptômes de Covid 19
7	Ensure you're getting enough Vitamin D to maintain your health	Assurez que vous prenez la vitamine D ce important pour la santé.
8	Call NHS 111 if you have any of these symptoms: <ul style="list-style-type: none"> <li>○ Raised temperature in the last 24 hours - above 37.8c</li> <li>○ A new dry persistent cough</li> <li>○ Loss of smell and/or taste</li> </ul>	Appelez le NHS au numéro 111 si vous présentez l'un de ces symptômes : <ul style="list-style-type: none"> <li>● Augmentation de la température au-dessus de 37.8c</li> <li>● Une toux sèche et persistante</li> <li>● Perte d'odeur et /ou de goût</li> </ul>

9	<p>Continue to follow Government advice to prevent the risk of getting Covid-19</p> <ul style="list-style-type: none"> <li>○ wash hands regularly</li> <li>○ maintain social distance</li> <li>○ wear a face covering</li> </ul>	<p>Continuer à suivre les conseils du gouvernement pour prévenir le risque de contacter Covid 19</p> <ul style="list-style-type: none"> <li>● se laver les mains régulièrement</li> <li>● maintenir la distance sociale</li> <li>● porter un masque facial</li> </ul>
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### SWAHILI (Thanks to RCO Creative Minds)

English	Swahili
<p>COVID-19</p> <p>Important Information for pregnant Black, Asian and minority ethnic women from NHS Local Maternity Systems</p>	<p>COVID-19</p> <p>Maelekezo muhimu kwa waja wazito weusi, wa Asia na wale wa makabila madogo kutoka NHS huduma za uzazi kitego cha serikali ya mji.</p>
<p>COVID-19 is having a disproportionate impact on black, Asian, and minority ethnic people.</p> <p>All Pregnant BAME women are at increased risk of becoming unwell with COVID-19</p>	<p>COVID-19 ina athari ya kutokuwa na uwiyo kwa watu weusi, wa Asia na watu wa makabila madogo.</p> <p>Waja wazito wote wa BAME wapo katika hatari zaidi ya maambukizi ya COVID-19</p>
<p>Asian women are 4 times more likely than white women to be admitted to hospital with COVID-19 during pregnancy.</p> <p>Black women are eight times more likely.</p>	<p>Wanawake wa Asia wana mara 4 zaidi uwezekano wa kulazwa hospital kwa COVID-19 kulinganisha na wanawake weupe wakiwa waja wazito.</p> <p>Wanawake weusi wao ni mara 8 zaidi kulinganisha na weupe.</p>
<p>Get help early. It's very important to act quickly if you're worried about your health or the health of your unborn baby</p>	<p>Pata msaada mapema. Ni muhimu sana kutafuta msaada mapema kama una mashaka na afya yako au afya ya mtoto wako aliepo tumboni.</p>
<p>Local maternity services are still available, no matter what day it is or time</p> <p>They're safe to access</p>	<p>Huduma za uzazi za serikali ya mji zipo wazi wakati wowote zinapo hitajika. Na zipo salama kuzifikia na kuzitumia.</p>
<p>Always attend your appointments, unless you have symptoms of Covid-19</p>	<p>Hudhuria miadi yako na wataalamu kila mara unapo pangwiwa isipokuwa kama una dalili za covid-19.</p>
<p>Ensure you're getting enough Vitamin D to maintain your health</p>	<p>Hakikisha unapata vitamin D za kutosha kwa ajili ya kutengeneza afya yako.</p>
<p>Call NHS 111 if you have any of these symptoms:</p> <ul style="list-style-type: none"> <li>○ Raised temperature in the last 24 hours - above 37.8c</li> <li>○ A new dry persistent cough</li> <li>○ Loss of smell and/or taste</li> </ul>	<p>Piga simu kwa NHS 111 kama unajisikia una dalili zifuatazo:</p> <ul style="list-style-type: none"> <li>○ Kwa masaa 24 yaliyopita Joto la mwili linazidi 37.8c</li> <li>○ Kikohozi kipya na kikavu chenye kuendelea.</li> <li>○ Ukipoteza hisia ya harufu/au ladha.</li> </ul>
<p>Continue to follow Government advice to prevent the risk of getting Covid-19</p> <ul style="list-style-type: none"> <li>○ wash hands regularly</li> <li>○ maintain social distance</li> <li>○ wear a face covering</li> </ul>	<p>Endelea kufuatilia ushauri wa serikali ili kujikinga na hatari ya kuambukizwa covid-19.</p> <ul style="list-style-type: none"> <li>○ Kosha mikono kila mara</li> <li>○ Dumisha umbali wa kijamii</li> <li>○ Vaa barakoa (funika uso wako)</li> </ul>

**TAMIL** (Thanks to RCO Tamil Cultural Society)

English	Tamil
<p>COVID-19 Important Information for pregnant Black, Asian and minority ethnic women from NHS Local Maternity Systems</p>	<p>NHS உள்ளூர் மகப்பேறு சேவைகளிலிருந்து கர்ப்பிணிக்கு கறுப்பு ஆசிய மற்றும் சிறுபான்மை இன பெண்களுக்கு ஒரு முக்கியமான தகவல்</p>
<p>COVID-19 is having a disproportionate impact on black, Asian, and minority ethnic people.</p> <p>All Pregnant BAME women are at increased risk of becoming unwell with COVID-19</p>	<p>COVID-19 கறுப்பு, ஆசிய மற்றும் சிறுபான்மை இன மக்கள் மீது ஒரு சமமற்ற தாக்கத்தை ஏற்படுத்துகிறது.</p> <p>COVID-19 னால் அனைத்து கர்ப்பிணி BAME பெண்களுக்கும் உடல் நிலை மோசமடைய அதிக வாய்ப்புள்ளது.</p>
<p>Asian women are 4 times more likely than white women to be admitted to hospital with COVID-19 during pregnancy.</p> <p>Black women are eight times more likely.</p>	<p>ஆசிய பெண்கள் வெள்ளை பெண்களை விட 4 மடங்கு அதிகமாக கர்ப்ப காலத்தில் COVID-19 உடன் இருப்பவர்கள் மருத்துவமனையில் அனுமதிக்கப்பட வேண்டும்.</p> <p>அதில் கறுப்பின பெண்கள் எட்டு மடங்கு அதிகம்.</p>
<p>Get help early. It's very important to act quickly if you're worried about your health or the health of your unborn baby</p>	<p>உங்கள் உடல்நலம் அல்லது உங்கள் பிறக்காத குழந்தையின் ஆரோக்கியம் பற்றி ஆரம்பத்தில் உதவி பெறுங்கள். நீங்கள் கவலைப்பட்டால் விரைவாக செயல்படுவது மிகவும் முக்கியம்.</p>
<p>Local maternity services are still available, no matter what day it is or time</p> <p>They're safe to access</p>	<p>உள்ளூர் மகப்பேறு சேவைகள் எந்த நாளாக இருந்தாலும், எந்த நேரமாக இருந்தாலும் மக்களுக்கு கிடைக்கின்றன</p> <p>அவைகளை அணுகுவது பாதுகாப்பானது</p>
<p>Always attend your appointments, unless you have symptoms of Covid-19</p>	<p>கோவிட் -19 அறிகுறிகள் இல்லாவிட்டாலும், எப்போதும் உங்கள் சந்திப்புகளில் கலந்து கொள்ளுங்கள்.</p>
<p>Ensure you're getting enough Vitamin D to maintain your health</p>	<p>உங்கள் ஆரோக்கியத்தை பராமரிக்க போதுமான வைட்டமின் டி கிடைக்கிறதா என்பதை உறுதிப்படுத்தவும்.</p>

<p>Call NHS 111 if you have any of these symptoms:</p> <ul style="list-style-type: none"> <li>○ Raised temperature in the last 24 hours - above 37.8c</li> <li>○ A new dry persistent cough</li> <li>○ Loss of smell and/or taste</li> </ul>	<p>இந்த அறிகுறிகள் ஏதேனும் இருந்தால் NHS 111 ஐ அழைக்கவும்:</p> <ul style="list-style-type: none"> <li>● கடந்த 24 மணி நேரத்தில் வெப்பநிலை உயர்த்தப்பட்டது - 37.8 C மேல்</li> <li>● ஒரு புதிய உலர் தொடர்ச்சியான இருமல்</li> <li>● வாசனை மற்றும் / அல்லது சுவை இழப்பு</li> </ul>
<p>Continue to follow Government advice to prevent the risk of getting Covid-19</p> <ul style="list-style-type: none"> <li>○ wash hands regularly</li> <li>○ maintain social distance</li> <li>○ wear a face covering</li> </ul>	<p>கோவிட் -19 பரவலை தடுக்க அரசாங்க ஆலோசனையைப் பின்பற்றவும்</p> <ul style="list-style-type: none"> <li>● தவறாமல் கைகளை கழுவ வேண்டும்</li> <li>● சமூக இடைவெளியை கடைபிடிக்கவும்.</li> <li>● முககவசத்தை பயன்படுத்தவும்.</li> </ul>

#### URDU (Thanks to RCO Steps Tees)

	English	Urdu
1	<p>COVID-19 Important Information for pregnant Black, Asian and minority ethnic women from NHS Local Maternity Systems</p>	<p>19- کوڈ 19- این ایچ ایس لوکل میٹرنٹی سروسز کی طرف سے سیاہ فام ایشیائی اور اقلیتی قومیت کی حاملہ خواتین کے لیے اہم معلومات</p>
2	<p>COVID-19 is having a disproportionate impact on black, Asian, and minority ethnic people.</p> <p>All Pregnant BAME women are at increased risk of becoming unwell with COVID-19</p>	<p>19- کوڈ 19- کا سیاہ ، ایشیائی اور اقلیتی قومیت کے لوگوں پر غیر متناسب اثر پڑ رہا ہے تمام BAME کی حاملہ خواتین کوڈ 19- سے بیمار ہونے کے خدشے سے دوچار ہیں -</p>
3	<p>Asian women are 4 times more likely than white women to be admitted to hospital with COVID-19 during pregnancy.</p> <p>Black women are eight times more likely.</p>	<p>ایشیائی خواتین کا سفید فام خواتین کے مقابلے میں کوڈ 19- کی وجہ سے اسپتال میں داخل ہونے کا چار گنا زیادہ امکان ہوتا ہے سیاہ فام خواتین میں یہ تناسب آٹھ گنا زیادہ ہوتا ہے -</p>
4	<p>Get help early. It's very important to act quickly if you're worried about your health or the health of your unborn baby</p> <p>Local maternity services are still available, no matter what day it is or time</p>	<p>جلد مدد حاصل کریں۔ اگر آپ اپنی یا اپنے بونے والے بچے کی صحت کے بارے میں پریشان ہیں تو فوری عمل کرنا بہت ضروری ہے -</p> <p>زچگی کی مقامی خدمات ہر وقت اور ہر روز دستیاب ہیں -</p>
5	<p>They're safe to access</p> <p>Always attend your appointments, unless you have symptoms of Covid-19</p>	<p>ان تک رسائی محفوظ ہے ہمیشہ اپنی اپائنٹمنٹ میں حاضر ہوں جب تک آپ میں کوڈ 19- کی علامات نہ ہوں</p>
6	<p>Ensure you're getting enough Vitamin D to maintain your health</p>	<p>اپنی صحت کو برقرار رکھنے کے لیے وٹامن ڈی کی معقول مقدار کو یقینی بنائیں</p>

7	<p>Call NHS 111 if you have any of these symptoms:</p> <ul style="list-style-type: none"> <li>○ Raised temperature in the last 24 hours - above 37.8c</li> <li>○ A new dry persistent cough</li> <li>○ Loss of smell and/or taste</li> </ul>	<p>اگر آپ میں ان میں سے کوئی علامت ہے تو این ایچ ایس 111 پر کال کریں -</p> <p>پچھلے 24 گھنٹوں میں درجہ حرارت میں 37.8 ڈگری سینٹی گریڈ سے زائد اضافہ</p> <p>ایک نئی خشک مستقل کھانسی</p> <p>بو اور ذائقے کا محسوس نہ کرنا</p>
8	<p>Continue to follow Government advice to prevent the risk of getting Covid-19</p> <ul style="list-style-type: none"> <li>○ wash hands regularly</li> <li>○ maintain social distance</li> <li>○ wear a face covering</li> </ul>	<p>کوڈ-19 کے خطرے سے بچنے کے لیے حکومتی مشوروں پر عمل کرتے رہیں -</p> <p>باقاعدگی سے ہاتھ دھوئیں</p> <p>مناسب فاصلہ برقرار رکھیں</p> <p>چہرے کو ڈھانپیں</p>

**For further information, contact:**

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