

# FOR MORE INFORMATION :

## Vaccination Info service



Official website for access to factual, practical and scientific information on vaccination in general.

## Public health France



National Public Health Agency whose mission is to improve and to protect the health of populations.

## Agence nationale de sécurité du médicament et des produits de santé (ANSM)



National network of expertise and surveillance that ensures, on behalf of the State, the access to health products.

## Haute Autorité de Santé (HAS)



Independent public authority of scientific nature aiming to strength the quality and sustainability of the French health system.

**False information can circulate on the Internet. Always think about checking the**

# WHAT IS THE ELENA NETWORK?

ELENA is a coordinating and supporting structure that extends over the entire Loire department and the north of the Ardèche.

It brings together 7 maternity wards and 2 local perinatal centers which have signed a charter for quality work.

The ELENA network allows perinatal professionals working in the private sector, at local authorities, in medico-social structures and in associations, to work in close cooperation to ensure the continuity and quality of care.

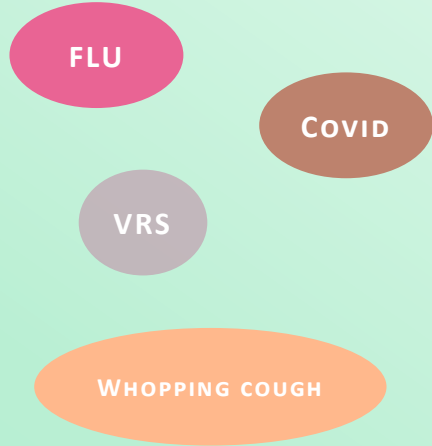


**The ELENA network aims to coordinate all these professionals to ensure optimal care for your pregnancy and your child at birth.**



# I am pregnant

## Vaccines recommended in pregnancy



**Healthcare professionals are here to answer all your questions.**



## FLU



### WHY ?

The flu is a contagious disease. It is transmitted through the air (sneezing, coughing), directly during close contact with a sick person, or through contact with contaminated hands or objects (doorknobs, cutlery, etc.). **While the flu vaccination does not always prevent illness, it reduces the risk of serious complications for the mother (spontaneous miscarriage, hospitalization, respiratory complications, death) and the unborn child (fetal death in utero, premature birth).**

### WHEN ?

Vaccination against the flu is recommended during winter for all pregnant women, **regardless of the stage of the pregnancy** (including the first trimester).

### HOW ?

**You can get the vaccine without medical prescription and for free in pharmacies.**

Vaccination is possible by the following health professionals: doctor, midwife, nurse and pharmacist



## COVID



### WHY ?

Covid is an infectious disease caused by the coronavirus.

It is transmitted through the air (spluttering, sneezing, coughing), directly during close contact with a sick person or through contact with contaminated hands or objects (doorknobs, cutlery, etc.).

**Pregnant women are more vulnerable and can develop a severe form of the disease with a higher risk of hospitalization, caesarean section, premature birth or even death**

### WHEN ?

Vaccination against covid is recommended for all pregnant women **regardless of the stage of pregnancy** (including the first trimester).

### HOW ?

For pregnant women, this vaccine is for free and can only be **administered by a doctor** in a vaccination center or in a medical practice.



## WHOOPIING COUGH



### WHY ?

Whooping cough is a highly contagious respiratory infection.

It is transmitted from person to person, in particular through saliva droplets released when coughing.

This disease can be serious for babies, who are most often infected by an adult.

**Vaccinating the mother during pregnancy allows her to transmit antibodies to the fetus and so protect her baby until the age of 6 months (after 6 months it will be protected by its own vaccination).**

### WHEN ?

Vaccination is recommended **during each pregnancy, preferably from the second trimester.**

### HOW ?

**On medical prescription**, the vaccine can be collected from a pharmacy and vaccination is possible by the following health professionals: doctor, midwife, nurse and pharmacist.



## VRS



### WHY ?

Every year in France, nearly 30% of infants under two years old are affected by bronchiolitis, caused in nearly three quarters of cases by the respiratory syncytial virus (RSV).

It would protect the child up to 6 months after birth if it is carried out at least 2 weeks before birth.

Prevention by injection of Monoclonal Antibodies into the infant can also be an alternative.

### WHEN ?

Vaccination against RSV is recommended between the 32nd and 36th weeks during the seasonal period from September to January.

### HOW ?

On medical prescription, the vaccine must be administered by a doctor, a midwife, a pharmacist.

It can be administered at the same time as the flu or COVID vaccine but must be at least 2 weeks apart from the whooping cough vaccine.

## GOOD TO KNOW

- The three vaccines against the flu, covid and whooping cough have shown their effectiveness and can be administered simultaneously.
- The flu, covid and whooping cough, like their vaccinations, do not protect for life: it is possible to catch them several times, hence the usefulness of carrying out the boosters recommended in the vaccination schedule.
- Vaccinations against the flu, covid and whooping cough are recommended for pregnant women but also for their loved ones.