THE MUM'S HEALTH BOOKLET

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Conception and texts: L’Albero della Salute, Referral Structure for the promotion of health among migrants - Regione Toscana
Referee: Michele Grandolfo, Angela Spinelli, Serena Donati, Istituto Superiore di Sanità
Supervision: Elisabetta Confalon, L'Albero della Salute

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From woman to woman. The Mum Health booklet

THE HEALTH ADVISORY CENTRE

What is the health advisory centre?
It is a service available throughout the area, created for the purpose of safeguarding and promoting psycho-physical and social health – i.e. relating to the body, how one feels and how one is coping with the outside environment – for women, couples, adolescents, boys and girls, be they Italian or foreign.
Even women without residence permits have the right to make use of the health advisory centre.
Access to the health advisory centre and its services is free, although a “ticket” has to be bought for some specialist services.

Why might I want to visit the health advisory centre?

- Pregnancy
- Help following delivery and support during breastfeeding
- Contraception
- Elective Termination of Pregnancy (IVG)
- Cancer prevention (pap-test)
- Emotional and sexual education
- Fertility, infertility
- Sexually transmitted diseases
- Menopause
- Advice on anonymous childbirth (Mamma Segreta)

Many health advisory services can also help with:

- Eating disorders
- Family mediation, marriage guidance and support in cases of separation and divorce
- Custody and adoption
- Violence and maltreatment towards women and minors, both physical and mental, injury to feelings, which may provoke emotions and reactions (for example being constrained to carry out or submit to sexual acts of various kinds, or instances of domination and intimidation)
- Support for couples and families living in difficult socio-economic conditions
- Psychological disorders, (i.e. illness and suffering in relationships with oneself and/or others at certain times of life (adolescence, pregnancy...))
- Paediatric vaccinations and community paediatricians
- Legal advice (in some centres)

Who works at the health advisory centre?
In health advisory centres you will find a team of workers who have a wide range of different expertise in health, psychological and social services.
Some health advisory centres also have cultural mediators available to help foreigners deal with the health service and treatment options that may differ from their country of origin and to facilitate reciprocal understanding with the social/health operators.
How do I go about being seen at the health advisory centre?

Anybody can go to the health advisory centre even without a medical prescription. (There are some exceptions, for instance, to have tests – such as a vaginal tampon or a pap test – when these are not included in the regular screening programme.)

You will be able to talk to the advisory centre staff and discuss your concerns. If necessary, you will be able to arrange further appointments.

Anonymity, confidentiality and professional secrecy are guaranteed. Furthermore, the law bans staff from reporting cases of clandestinity. You are free to go to the advisory centre, even if you don’t know how it works. The personnel will help you understand your rights and obligations.

A list at the end of the booklet will show where your nearest advisory centre is.

What other services are linked to health advisory centres?
The health advisory centre collaborates with all the regional and hospital services

PREGNANCY AND CHILDBIRTH

What should I do if I think I am expecting a child?

If menstruation does not occur when expected, if it is very light or different from previous cycles, you may wonder whether you might be expecting a child. Sometimes there may be other symptoms, such as morning sickness, vomiting and a need to urinate frequently. You should take a clinical pregnancy test so that pregnancy can be confirmed. All women have a right to care during pregnancy.

Who can I turn to if I am expecting a child?

You can go to the health advisory centre, taking proof of pregnancy with you: laboratory test results (e.g. blood tests) or an official scan (clearly marked with your name and surname). You will be given a pregnancy handbook by the health advisory centre.

What is the pregnancy handbook for?

Being given the pregnancy handbook marks the beginning of the process towards giving birth. The handbook will guide you through pregnancy and childbirth, and is a requirement for the check-ups that take place during pregnancy, scans included. All the tests set out in the handbook are free of charge and serve to safeguard your pregnancy. Take it with you every time you go for a check-up, along with your medical folder and all your test results. Even if you do not qualify for a pregnancy handbook because you are not a resident, bear in mind that, throughout your pregnancy, you will still be looked after and that you are entitled to all tests.

What am I allowed to do during pregnancy?

You must avoid excessive stress during pregnancy, avoid heavy work, especially night work, take more rest breaks and get more sleep.

Try to eat a healthy and varied diet, including a lot of fresh, well-washed fruit and vegetables, well-cooked meat and fish and to avoid pre-packed and fried food, sweets and desserts.
You must drink a lot of water, refrain from smoking and avoid alcoholic drinks. Take medicines only on your doctor’s advice.

**What happens if I am a working woman, how will I be looked after during pregnancy?**

Italian legislation (Law No. 1204/1971) protects working women during pregnancy.

If you have a contract of employment, the law states that:
- you cannot be sacked during pregnancy or before your baby is one year old;
- you have the right to stay off work on full pay for the last two months of pregnancy and the three months immediately after the birth of your child (or the last month and the first four months after the birth);
- you can give up work early if your working conditions pose a risk to your health and that of your baby, or if health complications arise for either of you during pregnancy. If you work for yourself, are subcontracted, self-employed, an entrepreneur or have a fixed-term contract, you will still have safeguards. If you are unemployed, you are entitled to financial support (maternity benefit). The Social Worker attached to the health advisory service, the INPS (National Social Welfare Institution), your aid association and the trade unions can all provide information and help with your rights.

**What should I do if I have any concerns during pregnancy?**

Right from the very beginning your body will be changing: if you are worried or have concerns, do not hesitate to come and see the obstetrician at the health advisory centre.

**What is “prenatal diagnosis”?**

This consists of a series of tests which, in medical language, includes chorionic villi testing, HIV duo tests and amniocentesis. They are all carried out during the first few months of pregnancy in order to identify any potential anomalies and malformations in the baby. They are not obligatory and are only carried out free of charge in some cases. Having these tests does pose a risk of miscarriage, albeit an extremely small one.

**Can I attend prenatal classes?**

Health advisory centres run free prenatal and occasional postnatal courses that you are welcome to take part in, even if you are a migrant without a residence permit. These classes will provide you with information on childbirth from a physical and a psychological point of view, techniques to help you cope with the pain of labour and delivery, nutrition, breastfeeding and anything else that concerns babycare.

There is a lot to be gained from taking part in these classes, where you will meet other mothers and swap information and make friends.

**Where and how can I give birth?**

You can choose where to give birth, free of charge, safely and respectful of your own culture, in one of the Punti Nascita in Tuscany. These are hospital facilities equipped for childbirth.

There are several different ways of giving birth: lying on a bed; active childbirth, when you can choose whichever position you find most comfortable and which enables you to cope best with the pain and tiredness; water birth and childbirth with analgesia (epidural or other types of pain control), which will allow you to manage the pain while remaining conscious during the birth. You can ask the staff at the health advisory centre and at the Punto Nascita about the options open to you at the facility you have chosen. You may have a person of your choice with you during labour and birth.

**What is a caesarean section?**

If problems arise that prevent the baby from being born naturally, a caesarean section may be deemed necessary. This is a surgical intervention, carried out to the mother’s abdomen. Caesarean sections are performed under general or local
anaesthetic, while the mother is awake. Women who have had caesarean sections in the past can still try to have natural births with subsequent children. In some cases caesarean sections can be avoided by specific practices; obstetricians and gynaecologists on duty will be able to explain to you what the situation requires. One option may be external cephalic version, which is sometimes done when the baby is in the breech position (i.e. head pointing up and feet down).

**What happens in hospital immediately after childbirth?**
In some hospitals, you will be able to keep your baby with you 24 hours a day (*rooming in*), which helps mother-baby bonding and breastfeeding. The paediatrician will examine the baby regularly, even when he or she remains with you. Before you leave hospital you will be able to choose the designated paediatrician for your baby. If there are no complications, you will be able to go home between 48 and 72 hours after the birth.

**What should I do if I have any concerns once I’ve gone back home after the birth?**
Your postnatal care will continue after the birth. Qualified staff will be on hand at the advisory centre to give you clear answers and advice. It is therefore important that, after the birth and before you leave hospital, you make an appointment to go back to the advisory centre.
Some health advisory centres offer home visits from midwives free of charge.
All health advisory centres can make appointments for the first paediatric consultation, which must take place before your baby is one month old.
If there are other women who have already had children near you, you can ask them for advice: find out whether there is a help group for breastfeeding mothers in your area.
If you are a Community citizen or non-Community citizen holding a long-term EU Residence Permit (Permesso di Soggiorno CE), you should apply to the social services to check whether or not you are entitled to maternity benefit.

**What rights do I have as a foreign mother?**
If you are a non-EU expectant mother without a residence permit, you can be issued with a residence permit for yourself and your husband, which will be valid throughout your pregnancy and for the first six months after the birth. You should go to the Questura (Police Headquarters), taking with you the certificate of pregnancy (stating the month that pregnancy began and your presumed due date of delivery). With this permit you will be entitled to register for health care within a period of six months after the birth.

All foreign women, even if they are only in possession of the Temporarily Resident Foreigners’ Card (STP Card), are entitled to free clinical and laboratory tests, specialist consultations, prenatal classes, in-patient childbirth stays and treatment for any illnesses ensuing from the birth; they can be treated at health advisory centres, public hospitals and accredited facilities.
If you are a Community citizen or non-Community citizen holding a residence permit and are suffering financial hardship, you can check whether you are entitled to financial aid with the municipal social services or the Local Health Authority (AUSL).
If you are a Community citizen or non-Community citizen holding a long-term EU Residence Permit (Permesso di Soggiorno CE), you should apply to the social services to check whether or not you are entitled to maternity benefit.

**POST PARTUM AND PAEDIATRIC HELP**

**Is breastfeeding best?**
Breastfeeding alone is the best food for your baby during its first six months, as decreed both by the World Health Organisation (WHO) and by UNICEF: it is good for the baby’s health, growth and development. Breastfeeding helps mother-newborn bonding. Breastfeeding is also good for the mother’s health. You will be able to breastfeed, regardless of whether or not you have had a Caesarian section.

When should I breastfeed my baby?
Whenever possible, allow your baby to latch on as often as he/she wants, because this way you can be sure that the baby is getting as much milk as he/she needs. Breastfeeding also stimulates milk production. 

after this supplementary food can be given, but it is wise to carry on breastfeeding for as long as possible: the WHO recommends breastfeeding until the child is two years old. Your local health advisory centre can help you with any problems or worries and provide advice and support.

What treatment is the child entitled to?
Your child has the right to be treated by a paediatrician, whether you are registered with the National Health Service (SSN) or whether you have an Temporarily Resident Foreigner’s Card (STP Card). Up until his/her sixth birthday, your child has a right to specialist consultations, laboratory tests and other tests which are free if your family income falls below a legally-established figure. (This is calculated according to your total family income, including taxes and benefits). Further information is available from the ticket office at your Local Health Authority.

Why should I choose the paediatrician?
Paediatricians follow the child’s progress free of charge from immediately after the birth, as he/she grows up and carry out periodic check ups. You will be able to choose your designated paediatrician before leaving hospital after the birth. All children between the ages of 0 and 14 are entitled to paediatric care.

How do I choose a paediatrician?
If you have a valid residence permit, one of the parents should go to their local AUSL to choose the paediatrician, taking with them proof of identity and their health card and self-certify their child’s details.  When the choice of paediatrician is made, the child will be automatically registered with the SSN and will be assigned a personal health code indicating the name of that particular paediatrician. Parents can choose the doctor from a list kept at their Local Health Authority.

If you do not have a valid residence permit, you will not be entitled to choose a designated paediatrician, but your child will still be entitled to outpatient treatment and he/she will therefore be able to see any paediatrician free of charge by appointment.

When can I contact the paediatrician?
Paediatricians see children in their consulting room five days a week Monday to Friday. Should your child – registered with the SSN – be unable to leave home, and you have already made your choice of paediatrician, you may request a home visit. The paediatrician will decide whether or not a home visit is really necessary. Requests for same-day paediatric home visits must be made by 10.00 am that day. Where requests for home visits are made after 10.00 am, the paediatrician will come out to you before 12.00 pm the following day. On Saturdays and bank holidays, the paediatrician can be contacted by telephone between the hours of 8.00 and 10.00 am, after which on these days and Sundays and bank holidays, please contact the doctor on duty. At all times the paediatrician will respond to urgent requests as quickly as possible.

What part does the paediatrician play in my child’s health?
Paediatricians look after your child’s overall health, and are therefore responsible for diagnosing (diagnosi) and treating (trattamento) illnesses as well as preventing them. To this end, complex check ups known as ‘health assessments’
(bilanci di salute), are carried out from time to time, either as part of routine visits or through particular screenings (esami preventivi). Health assessments are scheduled to be carried out at specific intervals, of which parents will be informed by the paediatrician.

**Which vaccinations should my child have?**
Vaccinations are strongly recommended in order to safeguard the health of your child and of the community. There is a regional timetable of vaccinations for children in Tuscany. Vaccinations are also free for immigrants without residence permits. The health advisory centre or District Sociomedical Centre will be able to provide further details.

### CONTRACEPTION

**How can I avoid unwanted pregnancies?**
Used correctly, contraceptives allow you to avoid unwanted pregnancies and therefore to decide when to have a child. There are several methods of contraception that are only effective during the period in which you take them as instructed and they have no adverse effects on future fertility.

**What kinds of contraceptives are available in Italy?**
Condoms
Hormonal contraceptives
The coil (IUD)
Natural methods
The health advisory centre staff will help you decide which method of contraception would be best for you.

**What are condoms and how do they work?**
A “barrier” method of contraception, a condom is a thin natural rubber sheath which is slipped over the penis before sexual intercourse takes place in order to prevent any ejaculated sperm from entering the vagina. Condoms are particularly indicated for those who have occasional sexual relations or who are not in stable relationships. Condoms are the only contraceptive method that protects against sexually-transmitted diseases, including AIDS, hepatitis, syphilis and gonorrhea. Condom use is 90% effective against pregnancy. You should make sure that you use condoms that have been quality controlled, that you check their sell-by date and that you store them away from high temperatures.

**What is hormonal contraception?**
It is a method of contraception consisting of small doses of hormones that prevent ovulation from taking place. They must be taken regularly on an ongoing basis and, when used properly, reduce the risk of pregnancy by 99.9%. This group includes:
-- the pill, which must be taken orally every day. The health advisory centre will advise you on how to take it. Each type of pill has its own user instructions. There is one type of pill that may even be taken while breastfeading, and has no adverse effects on either milk production or on the baby’s health. Most of these pills have to be paid for, although some are free:
-- the patch, which is applied to the skin and changed once a week:
-- the vaginal ring, which is inserted into the vagina and changed once a month.
These are all available on prescription from the pharmacist. Either the health advisory centre or your family doctor can provide this free of charge.
What is the coil (IUD) and how does it work?
The coil (IUD) is a plastic device inserted into the vagina by a gynaecologist. It works by irritating the lining of the womb, thus preventing egg implantation. It is a small device and once correctly inserted cannot be felt, even during sexual intercourse. It is not recommended for young women who have not yet had a pregnancy and it does not protect against sexually transmitted diseases. Coils last from 3 to 5 years and are almost 98% effective against pregnancy. The health advisory centre will arrange for both insertion, removal and for regular checks.

What are natural methods of contraception?
Natural methods of contraception are based on refraining from penetrative sexual intercourse during the fertile period of your menstrual cycle, i.e. around the time of ovulation. The health advisory centre will teach you various ways of working out when you will be at your most fertile. However, natural methods are not entirely reliable because the regularity of women’s cycles can vary. This is why natural methods are not regarded as efficient methods of contraception.

Is “coitus interruptus” a method of contraception?
Coitus interruptus consists of pulling the penis out of the vagina before ejaculation. It is not a reliable method of contraception, because sperm capable of fertilising may be present in the lubricating fluid produced by men when they become aroused.

What should I do if I have had unprotected sexual intercourse and might be pregnant?
Go to the health advisory centre (or Hospital emergency room or general practitioner) as soon as possible, where you will be seen and possibly prescribed emergency contraception. There are two methods:
a) the morning-after pill, containing hormones, must be taken as soon as possible (within 72 of hours of unprotected sexual intercourse); it has a 3% failure rate and can be prescribed to underage girls without parental consent.
b) the coil, which must be fitted within 5 days of unprotected sexual intercourse

ELECTIVE TERMINATION OF PREGNANCY (IVG)

What should I do if I find I am expecting a baby and have doubts about continuing with the pregnancy?
You can go to the health advisory centre where staff will be on hand to listen and to support you in your decision. If your decision is motivated by financial, psychological, family or social concerns, they will be able to help you locate any financial aid or other help which might be forthcoming from the social services, to help you keep and bring up the baby.

If I cannot keep the baby, are abortions allowed in Italy?
Italian law (L. 194/1978) allows you to abort within the first 12 weeks and five days of pregnancy while maintaining complete anonymity and without your partner’s consent. Abortions are only carried out in health or approved facilities. Health advisory centres guarantee to help even women who do not have residence permits.
After the 90th day of pregnancy terminations are allowed only for health reasons, i.e. when the pregnancy would pose a serious risk to the woman’s psycho-physical health. Illegal and clandestine abortions, even by means of drugs or other substances, can prove to be ineffective as well as dangerous to the woman’s life and health.

Can I have an elective termination of pregnancy (IVG) even if I am underage?
If both your parents are aware of the situation, their permission is sufficient.
If your parents are not around or if you do not wish them to be informed, please come to the health advisory centre, where the social worker will help you to work out the best way of dealing with the situation.

How do I apply for an IVG?
After a laboratory pregnancy test has been done, you can go to the health advisory centre and find out how many weeks pregnant you are into your pregnancy. After discussing the reasons for your decision, the various alternatives and future methods of contraception, you will be issued to present a termination consent certificate along with valid identification document. This will enable you to book the intervention at a hospital facility seven days after issue of the certificate. The intervention may be carried out surgically or with orally-administered drugs (RU 486 Pill): the hospital doctors will help you decide which method is best for you. The intervention will be carried out in total anonymity. Approximately one month after the intervention, you must go back to the advisory centre for a check up. After certification but prior to the intervention, you are free to change your mind at any time and to go back to the health advisory centre and discuss this with the staff.

What risks do IVGs pose for future pregnancies?
An abortion do not preclude the possibility of being able to have children in the future, but it should not be regarded as a method of contraception because repeated terminations can affect your physical and mental health.

What can I do if I can’t keep the baby, but don’t want to have an abortion?
Under Italian law (L. 127/1997) you are allowed to give birth in hospital without divulging your name and you can choose to give up your child without any risk of being reported to the authorities. The baby will then be given up for adoption to a family who will take charge of him/her very soon. However, you do have 10 days in which you can change your mind and decide to keep the baby. In Tuscany women who decide not to keep their babies will be supported and assisted by the “Mamma Segreta” Project.

PREVENTION

The Tuscan Region provides 3 free screening programmes:
1) for cervical cancer, the screening involves a smear specimen and is known as pap-test;
2) for breast cancer, the screening involves a special X-ray and is known as mammogram;
3) for colorectal (bowel) cancer, the screening includes a test to find blood in the faeces in both men and women aged between 50 and 70.

If you are a resident, you will receive (at your home address) an invitation to participate in the prevention programme together with a prescribed appointment for the screenings. You will be able to change the appointment date if necessary by telephoning the number provided in the letter. If you don’t receive a screening appointment, even though you are in the right age bracket, you should consult the health advisory centre or telephone free of charge 800556060.

What is a screening?
Oncological screening consists of diagnostic examinations (for tumours) available to everyone through the health service. It is designed to pick up early changes that in time might, if not recognised and treated, lead to cancer. It is crucial that any medical advice be followed and tests carried out, where appropriate, in order to monitor your state of health.

Which women are invited to have these tests?
Pap-test: the National Health Service contacts all women citizens who legally reside in Italy, aged between 25 and 64, to come in for pap-tests. Should your results be negative, you will be called for screening once every 3 years.

Mammogram: The National Health Service contacts all women citizens who legally reside in Italy, aged between 50 and 69, to come in for a free mammogram once every two years.

What does the test consist of?
Pap-test. This is a simple, painless test, which involves taking a small sample of cells from the cervix (neck of the womb), using a spatula and a tiny brush. The cells are then smeared onto a glass slide and sent to the laboratory for testing.

Mammogram. This is an X-ray of the breast, taken using tiny doses of radiation that pose absolutely no health hazards. It is a very quick test, taking half an hour at the most.

What does it mean if I get called back?
Pap-test. Should the test reveal any changes, the Local Health Authority (AUSL) will call you back for further investigations by means of another test (colposcopy).

Mammogram. You may be recalled because the appearance of the X-rays suggests that further tests are necessary. Sometimes all that is needed is another mammogram, but sometimes a scan or a sample of tissue will be necessary (biopsy or fine needle aspiration). You should not jump to conclusions if you are called back, because this does not necessarily mean that a tumour has been found: in fact changes, which were initially thought to be suspect, can be ruled out through subsequent tests. It is therefore important to follow through on the diagnostic process in order to assess one's own state of health.

Can this test prevent cancer?
Pap-test. Regular pap-tests are the best way of spotting early changes in the cervix. In most cases, identifying and treating these changes in good time means preventing tumours from developing.

Mammogram. One of the best ways of picking up breast changes at an early stage is by having regularly scheduled mammograms. In addition, breast self-examination is also important, watching out for thickening, nodules, skin changes or fluid exuded by the nipple, or pain. Consult your doctor or health centre immediately if you spot any changes. If there are cases of breast tumours in your family mammograms should be started at a younger age.

What is menopause and what should I do when it happens?
Menopause is not an illness, but a completely normal physiological stage that all women go through, and which signals the end of their childbearing years. The most obvious sign is an end of menstruation. Menopause usually occurs at around the age of 50, the average age being roughly 45 to 53.

It marks a physical change, and therefore it is important to take care of your mental and physical well-being. When you reach this phase you should pay particular attention to your diet and exercise regime, in order to avoid the risk of broken bones due to diminishing calcium levels in the blood (osteoporosis), vascular illnesses (linked to circulation and blood vessels) and breast cancer, all of which occur more frequently after menopause. It is important to look after your own health and make full use of your health advisory centre or your doctor.

The Health Service in Italy: Some Further Information
<table>
<thead>
<tr>
<th>SSN → NATIONAL HEALTH SERVICE</th>
<th>The National Health Service [Servizio Sanitario Nazionale] is the body of agencies responsible for looking after people’s health, where help and treatment can be found.</th>
</tr>
</thead>
<tbody>
<tr>
<td>AUSL → LOCAL HEALTH AUTHORITY</td>
<td>The Local Health Authority [Azienda Sanitaria Locale] organises and manages the health provision in the various different regional areas, with regard to prevention, diagnosis and treatment services.</td>
</tr>
<tr>
<td>STP CARD → TEMPORARILY RESIDENT FOREIGNER</td>
<td>If you are a foreign woman and do not have a regular Residence Permit (Permesso di Soggiorno), you are still entitled to health assistance through the acquisition of a Temporarily Resident Foreigner’s Card (STP Card). You can apply for your STP Card at the AUSL nearest to you or at a family health advisory centre. The STP Card is valid for 6 months, and can be renewed at the original issuing office. It is valid throughout Italy. You run no risks by going to a public health agency: you will not be reported to the Police Authorities.</td>
</tr>
<tr>
<td>BIRTH CORNER</td>
<td>The Birth Corner are the hospital facilities that will look after as soon as you go into labour. There are 34 birth corner in Tuscany</td>
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### How to sign up to the SSN

<table>
<thead>
<tr>
<th>Are you a non-EU foreign woman with a regular Residence Permit or Card?</th>
<th>Go to the Health Authority with these documents:</th>
</tr>
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<tbody>
<tr>
<td>1. Copy of Residence Permit (or Self-certified European Residence Permit stating reason for residence)</td>
<td></td>
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<tr>
<td>2. Proof of Identity</td>
<td></td>
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<tr>
<td>3. Tax Code (Self-certified)</td>
<td></td>
</tr>
<tr>
<td>4. Residency (Self-certified) or statement of residence</td>
<td></td>
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<tr>
<td>5. Job Centre registration (if unemployed)</td>
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<tr>
<th>Are you an EU foreign woman?</th>
<th>Take the following documents along to the health authority:</th>
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<tbody>
<tr>
<td>1. Self-certification of your anagraphical data</td>
<td></td>
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<tr>
<td>2. Residence Certificate or self-certification proving that you are resident or domiciled within the AUSL area.</td>
<td></td>
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<tr>
<td>3. Employment Contract (if employed) or Chamber of Commerce [Camera di Commercio] registration (if self-employed) or Job Centre registration if unemployed (i.e. you have lost a previous job) or you are in possession of one of the following forms issued by your country of origin: E106, E109, E121, E120</td>
<td></td>
</tr>
<tr>
<td>4. Marital status if you are an EU citizen and dependent of an Italian citizen, or of an EU worker, whether employed or self-employed.</td>
<td></td>
</tr>
<tr>
<td>5. Tax Code [Codice Fiscale]</td>
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</tr>
</tbody>
</table>

<p>| Are you an irregular foreigner with regard to entry and residence legislation? | You are still entitled to SSN care. Within this framework, maternity care and child care are guaranteed in particular. In order to access these services you should apply for an STP Card [Tesserino STP]. |</p>
<table>
<thead>
<tr>
<th>STRUCTURES</th>
<th>STANDARD</th>
<th>URP</th>
<th>FREE NUMBER</th>
<th>WEB ADRESS AUTHORITY HEALTH USL</th>
</tr>
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<tbody>
<tr>
<td>ASL1 Massa e Carrara</td>
<td>0585/6571</td>
<td>0585 667547 0585 657733 0585 657573</td>
<td>800 565 509</td>
<td><a href="http://www.usl1.toscana.it">www.usl1.toscana.it</a></td>
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<tr>
<td>USL2 Lucca</td>
<td>0583.9701</td>
<td>0583 970712/970079</td>
<td>800 869143</td>
<td><a href="http://www.usl2.toscana.it">www.usl2.toscana.it</a></td>
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<tr>
<td>USL3 Pistoia</td>
<td>0573 3521</td>
<td>0573 352774/8</td>
<td>800 861213</td>
<td><a href="http://www.usl3.toscana.it">www.usl3.toscana.it</a></td>
</tr>
<tr>
<td>USL4 Prato</td>
<td>0574 4341</td>
<td>0574 435052</td>
<td>800 017835</td>
<td><a href="http://www.usl4.toscana.it">www.usl4.toscana.it</a></td>
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<td>AUSL5 Pisa</td>
<td>050 954111</td>
<td>050 - 954296</td>
<td>800 221290</td>
<td><a href="http://www.usl5.toscana.it">www.usl5.toscana.it</a></td>
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<td>AUSL6 Livorno</td>
<td>0586 233111</td>
<td>0586 223741</td>
<td>800 016009</td>
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<td>AUSL 7 Siena</td>
<td>0577 58111</td>
<td>0577 536047</td>
<td>0577 382344</td>
<td><a href="http://www.usl7.toscana.it">www.usl7.toscana.it</a></td>
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<td>0575 2541/51</td>
<td>0575 254161</td>
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<td>AUSL 9 Grosseto</td>
<td>0564 485111</td>
<td>0564 485955/880</td>
<td>800 320651</td>
<td><a href="http://www.usl9.grosseto.it">www.usl9.grosseto.it</a></td>
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<td>055 27581 055 39111</td>
<td>840003003</td>
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<td>AUSL 12 Viareggio</td>
<td>0584/6051</td>
<td>0584.6055287 0584.6055288 0584.6059421</td>
<td>800.297211</td>
<td><a href="http://www.usl12.toscana.it">www.usl12.toscana.it</a></td>
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<td>Azienda ospedaliera Pisana ( Pisa Hospital)</td>
<td>050 993893/91</td>
<td>050 993892</td>
<td>800015877</td>
<td><a href="http://www.ao-pisa.toscana.it">www.ao-pisa.toscana.it</a></td>
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<td>0577 585111</td>
<td>0577 585518</td>
<td>0577 585689</td>
<td><a href="http://www.ao-siena.toscana.it">www.ao-siena.toscana.it</a></td>
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<td>055 794111</td>
<td>055 7947790</td>
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<td>Azienda ospedaliera Meyer (Meyer children’s hospital)</td>
<td>055 56621</td>
<td>055 5662332</td>
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