

## **Heterogeneity in Rabies Pre-Exposure Prophylaxis Recommendations Across European Continent: A Comprehensive Analysis**

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**Background:** Rabies Pre-exposure prophylaxis (PrEP) coverage remains suboptimal among eligible travelers and populations at risk, especially in Eastern European countries where the virus is still circulating. In 2018 WHO introduced a simplified 2-visit PrEP schedule (Do-D7), which was later endorsed by the US ACIP in 2022. This research examines the implementation status of these recommendations across Europe.

**Materials & Methods:** For each European country, official recommendations were collected from National Immunization Technical Advisory Groups (NITAGs) and national health authorities' websites, and continuously updated in a database through February 5th, 2026. Data were visualized on a color-coded map, focusing on rabies PrEP national recommendations for immunocompetent individuals and travelers.

**Results:** Rabies PrEP recommendations in Europe are highly heterogeneous in terms of schedules and availability of national guidelines. Northern and Western European countries predominantly adopt 2-visit schedules, while Eastern countries favor 3-visit protocols. Most countries recommend intramuscular administration; only six include intradermal (ID) schedules, despite WHO's 2018 endorsement of the 2-visit ID protocol. For some of these European countries, recommendations could not be identified.

**Conclusion:** While several European countries have implemented shortened schedules, substantial disparities persist, limiting the broader impact of this simplified approach. These variations largely stem from differences in the mechanisms for updating recommendations; some countries maintain current strategies through active NITAGs, while others update recommendations less frequently.

Harmonizing rabies PrEP recommendations across Europe could enhance traveler protection, provide guidance for countries where the rabies virus is still circulating to simplify post-exposure prophylaxis, and contribute to global rabies elimination efforts.