

Oral Typhoid Vaccine



« Vaccination is good protection »

This vaccine protects you against typhoid and its complications. It is recommended for travelers going to areas where the risk of contracting typhoid is high due to disease and poor sanitation.

DISEASE	Typhoid is spread by:	Typhoid cause:	Possible complications of typhoid include:
	<ul style="list-style-type: none"> Water and food contaminated by the stools of an infected person. 	<ul style="list-style-type: none"> High fever Headaches Stomach cramps Constipation Weak pulse Red blotches on body 	<ul style="list-style-type: none"> Death (1% of cases)

THE VACCINE

Vaccination is one of the ways to protect yourself against typhoid. You must take all doses of the vaccine for maximum effectiveness. If the risk of typhoid is ongoing, a booster dose should be administered every seven years.

In addition to vaccination, it is important you never consume contaminated food or water and that you follow basic hygiene practices (washing your hands and disinfecting objects that may have been contaminated by stool).

The vaccine comes in 4 capsules or 3 double pouch packets. Prepare the vaccine as follows:

1. Dissolve the contents of both pouches in a glass of cold or lukewarm water.
2. Mix well for 5 to 10 seconds.
3. Drink immediately.

The vaccine must be kept refrigerated and taken on an empty stomach at least two hours after a meal and one hour before the next meal.

The oral typhoid vaccine is safe. In most cases, it does not cause any undesirable reactions.

EFFECTS	Possible side effects	What to do
	<ul style="list-style-type: none"> You may experience nausea, stomach cramps, vomiting (2% of cases), diarrhea (5% of cases), fever (2% of cases), headache or skin rashes. 	<ul style="list-style-type: none"> See a doctor depending on the seriousness of symptoms.
EFFECTS	<ul style="list-style-type: none"> On rare occasions, you may experience severe stomach cramps. 	<ul style="list-style-type: none"> Take the vaccine one week before departure to ensure you are fine for your trip.

For more information, ask the person who gave you the vaccine or consult your CLSC or doctor.

