Typhoid Vaccine
(Vivotif Capsules)

What is typhoid fever?
- Typhoid fever is caused by a bacteria.
- It is spread by eating or drinking food or water contaminated with human feces. It occurs often in areas where sanitation is poor.
- Symptoms include sudden fever, severe headache, nausea, loss of appetite, rose spots on the trunk (25%), sore throat with a non-productive cough and constipation.
- If untreated, 16% of people with typhoid fever can die. With proper treatment, 1% will die.
- Between 2-5% of people with typhoid fever become carriers.

What does typhoid vaccine (capsules) contain?
- Live attenuated strain salmonella typhi Ty21a
- Typhoid vaccine contains lactose, yeast, casein, dextrose, galactose, sucrose, ascorbic acid, amino acids, magnesium stearate, and gelatin.

Who should receive the vaccine?
- Travellers 5+ years where typhoid is common, especially if:
  - staying for more than 4 weeks
  - eating adventurously
  - visiting smaller or rural areas
- People with ongoing household or intimate exposure to carriers of the bacteria
- Laboratory workers who frequently handle Salmonella typhi cultures

Who should not receive the vaccine?
- Children under 5 years of age (safety is unknown)
- People with a life-threatening allergy to any of the vaccine components or the capsule
- People with acute gastrointestinal disease or chronic inflammatory bowel disease
- Pregnant women
- Use with caution in breastfeeding women; no safety data available
- People with lowered immune response due to disease or drug and radiation therapy
- Postpone the vaccine if persistent diarrhea or vomiting
- People with moderate to severe illness may have to delay immunization.
- People undergoing current antibiotic treatment
When should the vaccine be given?
- Use as follows:
  - Transport vaccine home to your fridge as soon as possible. Store in central part of the fridge
  - take on day 1, 3, 5 and 7. If you miss a dose for more than 24 hours, please call the number below – you may need to repeat the series
  - take with cold or lukewarm water
  - do not chew; swallow capsule whole
  - take on an empty stomach, two hours after eating. Wait one hour before eating or drinking anything, including gum or candy.
  - take at least one week prior to travel
  - wait at least 3 days before or after antibiotic or sulfonamide therapy
  - after last dose wait 3 days before taking doxycycline (anti-malarials)
  - separate this vaccine and oral cholera vaccine by at least 8 hours
  - administer proguanil at least 10 days or more after the last dose of this vaccine.

How is the vaccine given?
- Orally

How effective is typhoid vaccine?
- 50 - 80% of people are protected against typhoid within two weeks.

How long does the protection last?
- At least 7 years

What might be felt after receiving typhoid vaccine?
Common (> 1% and < 10%)
- Abdominal pain, nausea, diarrhea, vomiting, fever, headache, rash

Very Rare (< 0.01%)
- Fatigue, dizziness, muscle and joint aches, allergy, anaphylactic reaction

Your immunization information will be recorded in a computerized system known as the Saskatchewan Immunization Management Systems (SIMS). Information collected in SIMS may be used to:
- manage immunization records
- notify you if you or your child needs an immunization
- and monitor how well vaccines work in preventing vaccine preventable diseases.

Your immunization records may also be shared with health care professionals in order to provide public health services; assist with diagnosis and treatment; and to control the spread of vaccine preventable diseases.

For more information, call the International Travel Centre at (306) 655-4780 www.saskatoonhealthregion.ca/internationaltravel