



KNOW

BEFORE

YOU GO

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WHAT IS TYPHOID FEVER?

Typhoid fever is an infection spread to travelers by food or water contaminated with the bacteria, *Salmonella typhi*. Due to poor sanitation systems, residents in developing countries are often infected with this bacteria and unintentionally pass it on to tourists. Incubation period is usually 10-14 days, although symptoms of the disease can begin anywhere from 7-21 days after exposure.

What are the symptoms?

While typhoid fever is often called a diarrheal disease, not all patients have diarrhea. Don't assume that if there is no diarrhea, it's not typhoid fever.

Early symptoms of typhoid fever are flu-like: body aches and pains, weakness, loss of appetite and continuous dull headache. Fever can be either continuous or it can come and go. A rash, with pink spots approximately 1/4 inch, may appear on the chest and abdomen in some patients.

You'll be "at risk" if...

...your travels include countries with less developed sanitary facilities for sewage disposal and water treatment. The risk of typhoid fever is greatest in Africa, Asia and Central and South America, but is also of concern in various former Soviet Bloc countries in Eastern Europe.

Talk to your doctor about...

- YOUR TRAVEL PLANS, including where you are going and what type of activities you are planning
- ANY MEDICINE YOU ARE TAKING, even any over-the-counter ones.
- WHETHER YOU HAVE BEEN VACCINATED FOR TYPHOID FEVER BEFORE and had any reactions at that time.

PROTECT YOURSELF BEFORE YOU TRAVEL

Typhoid Fever Vaccination

Typhoid immunization is advised for international travelers going to areas where typhoid fever is prevalent.

Two vaccines are available to protect against typhoid fever. You and your doctor can decide which one is right for you.

Oral Vaccine



The oral vaccine consists of 4 capsules. One (1) capsule is taken every other day, on an empty stomach (ie. 1 hour before eating). You should plan to finish taking the capsules at least 1 week before you travel. Typhoid fever protection lasts 5 years. Capsules should be stored in the refrigerator.

This vaccine should not be used if you have a fever, persistent diarrhea or vomiting, or if you are currently taking antibiotics. It should not be used if your immune system is weakened, either by disease or medicines such as anticancer drugs or steroids. It should not be given to children under 6 years of age.

Side effects that might occur are abdominal discomfort, nausea, vomiting, diarrhea, fever, rash or headache.

Injectable Vaccine



The injectable vaccine consists of 1 shot, usually given in the arm (deltoid muscle). You should receive the vaccine at least 2 weeks before you travel. Typhoid fever protection lasts for 2 years.

This vaccine should not be given to children under the age of 2. While not prohibited, the manufacturer advises that protection may be hindered in immuno-compromised patients or in those receiving immunosuppressive therapy. Side effects that might occur are pain, swelling, or redness at the injection site, headache or fever.

PROTECT YOURSELF WHILE YOU TRAVEL

Think before you eat!

Travelers need to be aware that no typhoid vaccine is 100% effective. Vaccination is not a substitute for careful attention to food and water. Always think before you put anything in your mouth!



- Drink water only if you know it's been boiled or treated. Coffee and tea are safe if made with water that has boiled.
- Drink canned or bottled carbonated water, soft drinks, beer and wine.
 - The outside of wet containers should be dried BEFORE opening and pouring.
 - Drink directly from the bottle after wiping the container's lip — UNLESS the bottles have been stored in a wet cooler, since contaminated water can seep under the cap.
- Eat ONLY fruit you can peel yourself. Remember, TOMATOES are classified as fruits and should be peeled.
- Eat only food that has been cooked AND IS STILL HOT.
- Eat pasteurized dairy products.

**Boil it, cook it,
peel it
or forget it!**



- Don't eat watermelon — water is often injected to increase weight.
- Don't eat salads or leafy greens — they may have been washed with contaminated water.
- Don't eat raw or partially cooked fish or shellfish (including ceviche).
- Don't use ice cubes — where water is contaminated, ice will be too.
- Don't eat leftovers.
- Don't eat food from street vendors.
- Don't use tap water to brush your teeth — use bottled carbonated water.
- Don't lay your toothbrush down on the sink or countertop — it could be contaminated. Cover the bristles with a plastic cap that snaps on and off.

Be sure to take with you:

- Passport/ International Certificate of Vaccination/Yellow Card
- Additional Photo ID (in case your passport is lost)
- Copies of all prescriptions
- Extra pair of glasses or contact lenses
- Sufficient syringes AND a written doctor's authorization for their use if you require injectable medication
- First aid kit for minor emergencies
- Personal hygiene products
- A copy of all your important documents. A second set of document copies should be left at home

Remember: Keep all important documents, and glasses WITH YOU in your carry-on luggage.