

Typhoid (TYVI) Vaccine

Get protected, get immunized.

- Vaccines make your immune system stronger. They build antibodies to help prevent diseases.
- Immunization is safe. It is much safer to get immunized than to get these diseases.

What is the typhoid vaccine?

The typhoid vaccine protects against typhoid fever caused by the bacteria *Salmonella typhi*. The typhoid vaccine given by injection (needle) is called TYVI.

What is typhoid fever?

Typhoid fever is caused by *Salmonella typhi* bacteria. Symptoms include fever, cough, headache, feeling unwell, poor appetite, stomach pain, feeling sick to your stomach (nausea), vomiting (throwing up), constipation (trouble having a bowel movement) or diarrhea (loose stool), and sometimes a rash.

Symptoms vary from mild to severe.

- In developing countries, as many as 1 out of 10 people die if they get typhoid.
- In Canada, or countries with more advanced medical care, less than 1 out of 100 people who get typhoid die.

About 1 out of 20 people can have a long-term (chronic) infection. If you have a chronic infection, you can carry the bacteria for months or years and spread it to others, even if you do not look or feel sick.

Who is most at risk?

People who travel to countries with high risk of typhoid such as South Asia are at the highest risk of getting typhoid, especially:

- children
- long-term travellers
- people staying in homes of friends or relatives
- people who have low stomach acid because of medicine or a health condition

People with certain health conditions, such as no spleen, have a higher risk of serious illness.

How does it spread?

Typhoid spreads by infected stool (or sometimes urine) getting onto hands or into food and water, and then into the mouth. Common foods that may spread typhoid include:

- unsafe (contaminated) water
- shellfish, especially oysters, from contaminated areas
- raw fruits and vegetables that have been fertilized with human stool
- contaminated milk and milk products

Who should get the TYVI vaccine?

You should get this vaccine if you are age 2 years or older and have close contact with someone who can spread typhoid. Some lab workers may also get this vaccine.

Talk to your healthcare provider to find out if you should get typhoid vaccine.

If you are travelling to an area that has a high risk of typhoid, you may also choose to get this vaccine. If you are getting the vaccine because of travel, it is not free.

Check with your health insurance provider to see if your plan covers the cost.

How many doses do I need?

You need 1 dose. You may need another dose every 3 years if you are at continued risk of typhoid. Check with your healthcare provider.

Are there other vaccines that protect against typhoid disease?

There are other vaccines that protect against typhoid. They are commonly for travellers. If you had another typhoid vaccine, such as oral (you take it by mouth) typhoid vaccine or hepatitis A and typhoid combined vaccine (Vivaxim), you may not need this vaccine. Check with your healthcare provider to find out if you need another dose. Some typhoid vaccines last longer than others.

How well does the vaccine work?

After you get this vaccine, protection is about 50%. Protection weakens over time.

If you travel to areas with a high risk of typhoid, you must be very careful with food and water even if you have had this vaccine.

Where can I get the TYVI vaccine?

If you need the vaccine because of your work (such as some lab workers), talk to your workplace health and safety department.

If you can get this vaccine for free, contact your local public health or community health centre.

If you are travelling to an area that has a high risk of typhoid, contact a travel health clinic. You can also talk to your doctor or pharmacist about typhoid vaccine and how to be careful with food and water when you travel.

Are there side effects from the TYVI vaccine?

There can be side effects from the TYVI vaccine, but they tend to be mild and go away in a few days. Side effects may include:

- redness, swelling, a hard spot, or feeling sore where you had the needle
- feeling tired or unwell
- headache
- fever
- body aches
- nausea, vomiting, or loose stool (diarrhea)
- feeling itchy

At least 1 out of 100 people who got this vaccine reported 1 or more of these side effects. In some cases, it is unknown if the vaccine caused these side effects.

It is important to stay at the clinic for 15 minutes after your vaccine. Some people may have a rare but serious allergic reaction called anaphylaxis. If anaphylaxis happens, you will get medicine to treat the symptoms.

It is rare to have a serious side effect. Call Health Link at 811 to report any serious or unusual side effects.

How can I manage side effects?

- To help with soreness and swelling, put a cool, wet cloth over the area where you had the needle.
- There is medicine to help with fever or pain. Check with your doctor or pharmacist if you are not sure what medicine or dose to take. Follow the directions on the package.
- Some people with health problems, such as a weak immune system, must call their doctor if they get a fever. If you have been told to do this, call your doctor even if you think the fever is from the vaccine.

Who should not get the TYVI vaccine?

You may not be able to get this vaccine if:

- You have an allergy to any part of the vaccine.
- You had a severe (serious) or unusual side effect after this vaccine or one like it.

If you have allergies or have had a side effect from this vaccine in the past, check with your doctor or a public health nurse before you get the vaccine.

Although you can get the vaccine if you have a mild illness such as a cold or fever, you should stay home until you are feeling better to prevent spreading your illness to others.

I have a fear of needles. How can I prepare for my immunization?

Many adults and children are afraid of needles. You can do many things before, during, and after immunization to be more comfortable.



Scan the QR code, visit ahs.ca/vaccinecomfort, or call Health Link at 811 for information.

For more information about immunization



Call Health Link at **811**



Scan the QR code or go to ahs.ca/immunize