

Hepatitis A & Typhoid Vaccine (ViVaxim®) Fact Sheet

The hepatitis A & typhoid vaccine, ViVaxim®, helps protect adolescents and adults against infections caused by the hepatitis A virus or typhoid fever bacteria. You should have ViVaxim® at least 2 weeks before travelling for adequate protection.

What is hepatitis A?

- Hepatitis A is a highly contagious liver infection caused by the hepatitis A virus. It interferes with the liver's ability to digest food and help to remove waste products from your body.
- Hepatitis A is most common in developing countries where there may be poor food handling and storage and inadequate water sanitation.
- The virus spreads easily by eating contaminated food or drinking contaminated water or through direct contact with an infected individual.
- Some people with hepatitis A have no symptoms, especially children under 5 years of age.
- If you do have symptoms, they will appear 2 to 7 weeks after becoming infected and may include feeling unwell with fever, nausea and vomiting, followed by jaundice, which is a yellowing of the skin and whites of the eyes.
- Most people recover completely after 4 to 6 weeks and become immune to the infection; however, some people, especially the elderly and those with chronic liver problems, can develop serious health problems.
- There is no medication to treat or cure hepatitis A.

What is typhoid fever?

- Typhoid fever is a serious, sometimes life-threatening disease, caused by one strain of bacteria called *Salmonella typhi*. This germ thrives in developing countries where there may be poor food handling and storage and inadequate water sanitation.
- Typhoid fever spreads easily through direct contact with an infected individual or by eating contaminated food or drinking contaminated water.
- Immunization for typhoid fever is recommended if you are travelling to South Asia, but may be considered if there are certain risk factors and you are travelling to Africa, Asia, Central or South America or some Eastern European countries.
- Symptoms usually appear one to three weeks after becoming infected and can include high fever, headache, weakness, loss of appetite, constipation or diarrhea and a rash.
- Typhoid fever can be treated with antibiotics.

What are the common side effects of ViVaxim® injectable vaccine?

- Some people may feel sore and swollen for a few days where the needle was given and have general muscle aches, headaches, fever and / or feel tired for a day or two.
- Tylenol® or ibuprofen may be taken afterwards, as directed, to reduce discomfort or fever.
- **Children under 19 years of age must not be given ASA, Aspirin® or salicylates**

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Who should get the hepatitis A and typhoid fever vaccine?

- Individuals 16 years of age and over, at risk of becoming infected with both diseases
 - travelling to South Asia or a developing country where there is a poor sanitation, limited access to safe water, and you are backpacking / staying in low cost accommodation / visiting friends or relatives
 - living with or frequently exposed to someone infected with acute hepatitis A or typhoid
 - working in a lab where you are frequently exposed to *Salmonella typhi* bacteria
 - living in a community where the rate of hep A is high, e.g. some Aboriginal communities
 - haemophiliacs who use plasma-derived blood products

Who should not get the hepatitis A and typhoid fever vaccine?

- Anyone who has had a serious allergic reaction to this vaccine in the past, or to any component of the vaccine:
 - ViVaxim®: salmonella typhi bacteria, hepatitis A virus, sodium chloride, disodium phosphate dihydrate, sodium dihydrogen phosphate dihydrate, aluminum hydroxide (expressed as aluminum), 2-phenoxyethanol, formaldehyde, polysorbate 80, Medium 199 Hanks, neomycin
- Anyone with a high fever, moderate to severe illness, or vomiting / diarrhea, should wait until they feel well.
- Pregnant or breastfeeding women should only be vaccinated if it is clearly necessary.

What else do I need to know?

- If there is a possibility that you will need protection from **typhoid fever** in the future, a booster dose of **Vivaxim®** should be given 36 months after your first dose.
- If you just need protection from **hepatitis A**, the second dose of the **hepatitis A** vaccine series should be given 6 to 12 months after the first dose, with the exception of **Avaxim®**, which can be given 6 to 36 months after the first dose.
- When you receive the recommended second dose of a hepatitis A vaccine, protection will likely last for at least 20 years.
- The best defense against germs is frequent hand washing; wash your hands with soap and water for at least 15 seconds or use alcohol-based hand sanitizers.
- Follow the advice on the Safe Food and Water Fact sheets.

When should I seek medical attention after immunization?

- If you or your child experiences any unusual side effects, seek medical attention and notify us.
- Go to Emergency at a hospital right away or call 911 if you or your child has any of the following after immunization:
 - swelling of the face and neck
 - problems breathing
 - hives and itchy, reddened skin

Your Record of Protection

After you receive any immunization, make sure your health care provider updates your personal immunization record. Keep it in a safe place. Please inform us of any immunizations not received from public health.

Other Questions?

Talk to your health care provider or call our Immunization Program at 613-966-5500
Toll Free 1-800-267-2803 | TTY Dial 711 (1-800-267-6511) | www.hpepublichealth.ca

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