



Going abroad?

Are you planning to explore or visit places such as the Indian subcontinent, Africa, South Asia, Southeast Asia or South America?¹

You may be advised to have a vaccination against **Typhoid fever**.

If you are going abroad, check the most up-to-date information on www.travelhealthpro.org.uk and book a travel health assessment when appropriate.

Typhoid fever is a highly contagious **bacterial infection**.¹

Symptoms usually appear after 10–20 days and may include **fever, headache and other aches, cough and constipation** initially, followed by appetite loss, tummy ache, diarrhoea and feeling sick.^{1,2}

If diagnosed early, most cases of typhoid fever can be successfully treated with a 7- or 14-day course of antibiotics and complications are rare. However, if typhoid fever is left untreated, serious complications can develop. Complications can occur in 10–15% of cases, including **intestinal bleeding, inflammation of the heart muscle or the brain's protective membrane, and pneumonia**.^{1,2}

It's estimated that in up to 1 in 5 cases, typhoid fever can lead to death.^{1,2}

Read more about typhoid fever by visiting www.nhs.uk/conditions/typhoid-fever.



You may be at risk if you travel to parts of the world where **standards of sanitation are poor**.¹ Check this UK website for vaccination recommendations for your chosen destination: <https://travelhealthpro.org.uk/countries>.



You could be infected by:

Consuming food or water that has been infected with the typhoid bacteria. Food and drinks can be contaminated if handled by someone with typhoid fever.^{1,2}



Children are thought to be at most risk of getting typhoid fever, worldwide.¹

As the most common mode of infection in travellers is consumption of contaminated food or water, to reduce the risk of getting typhoid fever, the NaTHNaC advises to keep good personal hygiene and follow advice on the prevention of food and water-borne diseases.²



If you are unwell after you have been abroad, remember to tell your doctor about your travels.

To help protect yourself against typhoid fever, when travelling abroad, the National Travel Health Network and Centre (NaTHNaC) and Public Health England (PHE) recommends:^{2,3}

- Discussing with your doctor, nurse or pharmacist if vaccination is appropriate for you
- Washing your hands thoroughly before eating
- Ensuring that hot food is freshly cooked and served piping hot
- Drinking only bottled, boiled or purified water and avoiding ice
- Avoiding raw or undercooked foods such as salad, vegetables and shellfish

The areas at highest risk for travel-related infections can change. The NHS advises that you **speak with your doctor, nurse or pharmacist at least 8 weeks before you travel**.⁴ They will talk you through travel health risks and help you plan the best way to stay healthy during your trip.



Bon voyage

For more information visit www.nhs.uk/conditions/typhoid-fever

Sanofi also provides travel health information on its website www.smarter-traveller.co.uk.

Reporting of side effects

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the package leaflet. You can also report side effects directly via the Yellow Card Scheme at www.mhra.gov.uk/yellowcard. By reporting side effects, you can help provide more information on the safety of this medicine.

References

1. NHS. Typhoid fever. Available at: www.nhs.uk/conditions/typhoid-fever Accessed: May 2023. 2. NaTHNaC. Typhoid and paratyphoid. Available at: <https://travelhealthpro.org.uk/factsheet/49/typhoid-and-paratyphoid>. Accessed: May 2023. 3. Public Health England. Typhoid - Health advice for travellers. Available at: https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/361480/PHE_Typhoid_factsheet.pdf. Last Accessed: May 2023. 4. NHS. Travel vaccinations. Available at: <https://www.nhs.uk/conditions/travel-vaccinations>. Accessed: May 2023.