

## News Release

### **For Immediate Release**

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### **Do You Need a Typhoid Fever Vaccine Before You Travel?**

Will you be traveling out of the country for vacation this year? Southwest Nebraska Public Health Department (SWNPHD) would like to remind you to find out if there are any vaccines you may need prior to your travels. All vaccines should be given at least two weeks before you leave so that your body has time to develop immunity before you may be exposed, especially for typhoid fever.

Typhoid fever is a food and water borne illness that is very rare in the United States due to the sanitation policies that we have for our water and food. However, as you travel outside of the U.S. the restrictions on how clean the water is and how the food is prepared vary depending on the country. Travelers most at risk for typhoid are those traveling to southern Asia, Africa, the Caribbean, Central and South America and the Middle East according to the Centers for Disease Control and Prevention (CDC).

Typhoid bacteria are spread from an infected person to others when the infected person uses a bathroom and does not wash their hands. The bacteria stay on the person's hands and then are passed to others on anything they touch. It can also be passed on to others when they eat or drink contaminated food or water.

The typhoid vaccine is a one dose shot that anyone aged 2 years of age and older should have before leaving the country for travel. There is also a pill version of this vaccine that people aged 6 years and older can take. These vaccines are often not kept in stock so you will want to check with your medical provider to see if they can be ordered in.

“Visit [cdc.gov/travel](https://www.cdc.gov/travel) for one of the easiest ways to find out what types of shots you may need for your trip or what precautions should be taken to prevent disease while you are out of the country,” states Melissa Propp, Clinic Manager for SWNPHD. “The site is easy to navigate and will tell you if any vaccinations may be required for travel.”

Before you travel internationally, regardless of where you are going, make sure you are fully protected against measles. Measles is highly contagious and has seen a resurgence in many countries in the last few years. If you are not sure of your vaccination status, see your healthcare provider at least one month before your scheduled departure.

For more information on travel vaccines, call SWNPHD at 308-345-4223. Southwest Nebraska Public Health Department serves Chase, Dundy, Frontier, Furnas, Hayes, Hitchcock, Keith, Perkins, and Red Willow counties. You can follow us on Facebook and Instagram or view the website at [www.swhealth.ne.gov](http://www.swhealth.ne.gov) which contains many resources and additional information helpful to

prevent disease, promote and protect health. Call (308) 345-4223, one number three locations, McCook, Imperial, and Ogallala.

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