

# Cholera and ETEC Diarrhea Vaccine

Vaccination,  
the best protection

April 2018

The person taking this vaccine gets protected against cholera and diarrhea caused by certain strains of the bacteria ETEC. Strains contained in this vaccine are found in 5 to 20% of diarrhea cases caused by the bacteria ETEC. This bacteria causes around 30% of diarrhea cases in travellers to the Caribbean, Latin America, Africa and the Indian sub-continent. Travellers rarely contract cholera. This vaccine may be considered for people travelling to regions where they are at risk to contract these diseases.

Diseases	Transmission	Signs and symptoms	Possible complications
<b>Cholera</b>	<ul style="list-style-type: none"><li>Cholera is spread by contact with water or food contaminated by the stools of a person with cholera.</li></ul>	<ul style="list-style-type: none"><li>Diarrhea</li><li>Dehydration</li></ul>	<ul style="list-style-type: none"><li>Death</li></ul>
<b>ETEC diarrhea</b>	<ul style="list-style-type: none"><li>ETEC diarrhea is spread by contact with water or food contaminated by the stools of a person infected with ETEC.</li></ul>	<ul style="list-style-type: none"><li>Diarrhea</li></ul>	<ul style="list-style-type: none"><li>Dehydration</li></ul>

## The vaccine

Vaccination is one of the ways to protect against cholera and diarrhea caused by certain strains of the ETEC bacteria. Several doses of vaccine are required to obtain the best possible protection.

As well as vaccination, it is important to avoid consuming water or food that is likely to have been contaminated, and to apply simple hygiene measures (washing your hands and disinfecting objects soiled by stools).

The vaccine should be kept in the refrigerator. No food or liquid should be taken for 1 hour before the vaccine and 1 hour after it.

The vaccine comes in a vial containing the vaccine (liquid) and a packet of buffer (granules). To take the vaccine:

- dissolve the content of the buffer packet in approximately 150 ml of fresh water;
- shake the vial containing the vaccine and add the vaccine to the buffer solution (150 ml). For a child aged 2 to 6 years old, use only half of the buffer solution (75 ml) and add it to the total amount of vaccine;
- shake well and drink immediately;

It is recommended to complete the vaccination schedule at least 1 week before the trip.

## Symptoms after vaccination

Some symptoms may be caused by the vaccine. Other problems may occur by chance and are not related to the vaccine (e.g. cold, gastro, headache).

Cholera and ETEC diarrhea vaccine is safe. In most cases, it does not cause any reaction.

Known reactions to this vaccine	What to do
<ul style="list-style-type: none"><li>Reactions caused by this vaccine are similar to those caused by a placebo.</li></ul>	<ul style="list-style-type: none"><li>Use a medication for fever or discomfort if needed.</li><li>See a doctor if symptoms are severe.</li></ul>

Allergic reactions to the vaccine may occur. If an allergic reaction occurs after taking the vaccine, see a doctor immediately.

**For any questions, contact the person giving the vaccine, or Info-Santé 8-1-1 or your doctor.**