

Cholera and ETEC Diarrhea Vaccine

Vaccination,
the best protection

October 2024

The Vaxchora vaccine protects against cholera. The Dukoral vaccine protects against cholera and diarrhea caused by certain strains of the ETEC bacteria. Strains contained in Dukoral vaccine are found in 5 to 20% of diarrhea cases caused by the ETEC bacteria. This bacteria causes about 30% of diarrhea cases in travellers to the Caribbean, Latin America, Africa and the Indian sub-continent. Travellers rarely contract cholera. Vaccination can be considered for people travelling to regions where they are at risk of contracting these diseases.

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

The vaccine

Vaccination is one of the ways to protect against cholera and diarrhea caused by certain strains of the ETEC bacteria. The number of doses required depends on the vaccine used.

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 Vaxchora vaccine comes in a blue and white package containing the vaccine (powder) and a black and white package containing a swab (powder). To take the vaccine:

- Pour 100 mL of bottled water at room temperature into a clean cup. Do not use tap water or other beverages or liquids;
- Prepare the solution in the correct order, otherwise the vaccine cannot be used;
- Dissolve the contents of the black and white package (buffer component) in the cup. For children aged 2 to 5, use only half the buffer solution;
- Add the contents of the blue and white sachet (vaccine); stir for at least 30 seconds. If required, add a maximum of 4 g (1 teaspoon) of sugar or a maximum of 1 g (1/4 teaspoon) of stevia-based sweetener, mixing well into the suspension. Do not add other sweeteners, as this may reduce the effect of the vaccine;
- Drink immediately.

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

- Dissolve the contents of the buffer package 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 travelling.

(see verso)

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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">Reactions caused by these vaccines are similar to those caused by a placebo, except for diarrhea and headache, which occur more frequently in adults after taking Vaxchora compared to the placebo.	<ul style="list-style-type: none">Use a medication for fever or discomfort if needed.See a health professional if symptoms are severe.

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 811 or a health professional.