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LAST UPDATED: June 27 2024

Drug interaction information added for Typhoid vaccine below

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Important Update: Oral Typhoid Vaccine (Vivotif, TYPH-O) capsules contain halal bovine gelatin, it is best to check with your pharmacist to confirm before purchasing.

For those Mumineen traveling to Karachi, Pakistan for Ashara Mubarak 1446H, below is a summary of age appropriate recommended immunizations & prophylaxis (prevention), mainly from the CDC.

Instructions for Health Care Providers: Please remind Mumineen to consult their PCP / pediatrician or Umoor Sehat coordinator for confirmation. Also please post questions or concerns on the SBMAA Mumineen Health whatsapp group. Links to the sources are provided at the end of the document. If your Jamaat is preparing organized group vaccination drives - please share details for the benefit of other Jamaats.

For all Ages:

Ensure you are up to date with age appropriate routine vaccinations including:

- Varicella (Chickenpox)
- DTaP
- MMR (Measles, mumps, rubella)
- Hepatitis A
- Hepatitis B
- Polio
- Seasonal influenza
- COVID including 2023-2024 booster

Malaria spreads through mosquitos. Avoid mosquito bites by covering skin with loose fitting clothes and applying insect repellent containing Deet.

Typhoid spreads by eating or drinking something contaminated with the bacteria. Only drink bottled water and use bottled/boiled water to prepare/wash all fruits/vegetables and cook all food thoroughly.

For children under 6 months of age:

Malaria Prophylaxis

In general, malaria prophylaxis is not recommended for children younger than 6 months. Speak with your child's pediatrician about medication options for your child. They must be > 5kg in order to receive medication.

Malaria spreads through mosquitos. Avoid mosquito bites by making them wear loose fitting clothes that cover their skin and applying insect repellent which contains Deet (up to 30%). Deet containing insect repellents are safe for children ages 2 months and older.

Typhoid Vaccine

There is no typhoid vaccine available for children less than 2 years old. Typhoid spreads by eating or drinking something contaminated with the bacteria. Children less than 6 months should only be offered breast milk or formula using bottled water only for mixing powdered formula. For infants already eating solids, use bottled water or boil all water used to prepare/wash food, cook all food thoroughly and avoid raw foods. For infants already drinking water, only bottled water should be given.

For children over 6 months of age:

Malaria Prophylaxis

It is recommended your child take oral malaria prophylaxis. There are 2 choices. Both must be prescribed by a physician.

Mefloquine (brand name Lariam)

- Take the medication once a week: start 1-2 weeks prior to travel, during travel, continue for 4 weeks post travel
- Only available in tablet form - crush for children and mix in with honey (age 1+ only) or other food to hide bitter taste
- Must be > 5kg and ideally > 6 months old
- Avoid in children with seizure disorder, psychiatric conditions, cardiac conduction abnormalities
- Most common side effects tend to be mild and short-lived : abnormal dreams, dizziness, stomach discomfort
- Very rare but severe adverse reactions may include confusion and seizures

-OR-

Atovaquone-Proguanil (brand name Malarone)

- Take the medication Daily: start 1-2 days prior to travel, during travel, continue for 7 days post travel
- Only available in tablet form - crush for children and mix in with honey (age 1+ only) or other food to hide bitter taste
- Must be > 5kg and ideally > 6 months old
- Avoid in children with kidney disease
- Most common side effects tend to be mild and short-lived: abdominal pain, nausea, vomiting, headache

NOTE: According to the CDC, chloroquine is not recommended given known drug resistance in Pakistan.

Typhoid Vaccine

It is recommended your child take the typhoid vaccine 1-2 weeks prior to travel. There are 2 different forms available in the US:

Inactivated typhoid vaccine (Typhim Vi) - only for children 2 yo +

- Administered as an injection
- Call your pediatrician, local travel clinic or pharmacy

-OR-

Live typhoid vaccine (Vivotif) - 6yo +

- Administered as 4 capsules taken orally every other day
- Call your pediatrician for a prescription to be sent to the pharmacy

Important Update: Oral Typhoid Vaccine (Vivotif, TYPH-O) capsules contain halal bovine gelatin, it is best to check with your pharmacist to confirm before purchasing.

Oral live vaccine is subject to potential interaction with Proguanil (anti-malarial)

For pregnant or breastfeeding women:

Malaria Prophylaxis

Pregnant women are more prone to complications of malaria infection and so prevention of infection is very important. Prevention involves prophylactic tablets (prescribed by your PCP or OBGYN) and avoiding mosquito bites.

The malaria prophylactic recommended for pregnant and breastfeeding women is mefloquine (brand name Lariam). Mefloquine (brand name Lariam) is safe in all trimesters of pregnancy.

Typhoid Vaccine

According to the CDC, no data have been reported on the use of either typhoid vaccine in pregnant women. In general, live vaccines like TYPH-O are contraindicated in pregnancy. The TYPHIM-VI injection (TYPH-I) should be given to pregnant women only if clearly needed.

Discuss with your OB/GYN if vaccination is safe for you. Keep in mind that pregnant women should not receive a typhoid vaccine if they are in their first trimester.

For all other adults:

Malaria Prophylaxis

It is recommended that all adults start taking malaria prophylaxis (prevention) 1 week prior to travel. There are 2 choices available in the US for adults. Both must be prescribed by a physician:

Mefloquine (brand name Lariam)

Take 1 tablet 1 week before traveling. Then, continue the medication weekly after a meal throughout travel. Continue taking the medication weekly for 4 weeks after returning from travel.

If you miss a dose of this medicine, take it as soon as possible. However, if it is almost time for your next dose, skip the missed dose and go back to your regular dosing schedule. Do not double doses.

-OR-

Atovaquone-Proguanil (brand name Malarone)

Take 1 tablet 1 or 2 days before travel and continue taking 1 tablet daily during your travel. Continue taking daily tablets for 7 days after your return.

NOTE: According to the CDC, chloroquine is not recommended given known drug resistance in Pakistan

Typhoid Vaccine

It is recommended that all adults are vaccinated against Typhoid 1-2 weeks prior to travel. There are 2 different forms available in the US for adults:

TYPHIM VI Injection (TYPH-I)

A single dose of the vaccine is given ~1-2 weeks before travel. This vaccine is injected into the muscle on your shoulder.

-OR-

Oral Typhoid Vaccine (Vivotif, TYPH-O)

One capsule of TYPH-O should be taken on alternate days for a total of 4 capsules of vaccine. The vaccine capsule should be taken either 1 hour before or 2 hours after a meal.

Important Update: Oral Typhoid Vaccine (Vivotif, TYPH-O) capsules contain halal bovine gelatin, it is best to check with your pharmacist to confirm before purchasing.

Oral live vaccine is subject to potential interaction with Proguanil (anti-malarial)

Sources:

<https://wwwnc.cdc.gov/travel/destinations/traveler/none/pakistan>

<https://wwwnc.cdc.gov/travel/yellowbook/2024/infections-diseases/malaria#6385>

<https://www.cdc.gov/mmwr/preview/mmwrhtml/mm6411a4.htm>

<https://wwwnc.cdc.gov/travel/notices/level1/xdr-typhoid-fever-pakistan>

[https://www.cdc.gov/mmwr/preview/mmwrhtml/mm6411a4.htm#:~:text=Precautions%20and%20Contraindications.if%20clearly%20needed%20\(20](https://www.cdc.gov/mmwr/preview/mmwrhtml/mm6411a4.htm#:~:text=Precautions%20and%20Contraindications.if%20clearly%20needed%20(20)