



COMDTINST 6230.6

14 MAY 1991

COMMANDANT INSTRUCTION 6230.6

Subj: Typhoid Immunization of Active Duty Coast Guard Personnel

Ref: (a) COMDTINST M6230.4D, Immunizations and Chemoprophylaxis

1. PURPOSE. This instruction modifies reference (a) and provides additional specific guidance for the administration of typhoid immunization to active duty Coast Guard personnel.
2. DIRECTIVES AFFECTED. The contents of this instruction will be incorporated into the next change to reference (a).
3. BACKGROUND. Typhoid fever is a systemic illness caused by the typhoid bacillus, *Salmonella typhi*. Although the portal of entry is the gastro-intestinal tract, typhoid fever is not considered strictly an intestinal disease. Symptoms most commonly noted are sustained fever, malaise, loss of appetite, cough, constipation (more commonly than diarrhea), and abdominal pain. Typhoid fever occurs worldwide; cases in industrialized nations usually represent importation of the illness from endemic areas. Infection is almost always a consequence of ingesting contaminated food, water, or milk. Improvements in environmental sanitation in industrialized countries/cities have significantly reduced the incidence of typhoid fever.
4. POLICY.
 - a. Typhoid vaccine will not be routinely administered on initial entry into the Coast Guard (recruit training, Officer Candidate School, direct commission programs, and USCG Academy).
 - b. Typhoid immunization is required for residence in or travel to an endemic, epidemic, or outbreak area. Enclosure (1) provides detailed guidance concerning when typhoid immunization is required.

COMDTINST 6230.6
14 MAY 1991

5. PRECAUTIONS. Protective antibodies take approximately three weeks to develop. Typhoid vaccination is only about 50 percent effective in preventing the disease. Therefore, the precautions in enclosure (2) must be taken to avoid ingesting contaminated food, milk, or water. These precautions can also prevent a number of other food/waterborne illnesses, such as travelers' diarrhea and hepatitis.
6. PROCEDURES. Typhoid immunization shall be administered in accordance with reference (a). In circumstances where short notice (less than four weeks prior to arrival in infected area) for travel occurs and typhoid immunization is required, the following alternatives apply:
 - a. The health care provider shall use for the entire series either the acetone-inactivated or phenol-treated vaccine, in three 0.5 ml doses subcutaneously (SC), one week apart.
 - b. In a time critical situation (less than two weeks prior to arrival in infected area), the command shall contact by telephone Commandant (G-KOM) concerning the use of live oral vaccine.
7. ACTION. Area and district commanders, commanders of maintenance and logistics commands, unit commanding officers, and Commander, Coast Guard Activities Europe shall ensure that the provisions of this instruction are followed.

/s/ MICHAEL HUDGINS
Chief, Office of Health and
Safety

Encl: (1) Requirements for Typhoid Immunization

(2) General food and Water Precautions in Endemic, Epidemic, or Outbreak Areas

REQUIREMENTS FOR TYPHOID IMMUNIZATION

1. Travelers to the following countries **MAY** be at risk:
 - a. North America - ONLY Mexico and Caribbean Islands
 - b. Central and South America - All countries
 - c. Africa - All countries
 - d. Asia - All countries except USSR, Japan, and Korea
2. Typhoid tends to be endemic in less well developed areas of the countries listed above where water and sanitation systems are primitive or non-existent. As a general guideline, risk of contracting typhoid with short-term (less than three weeks) travel to **major** tourist destinations and commercial cities and ports is very low. In such instances, immunization, unless specifically directed otherwise, is not required. Any travel to **smaller** cities, villages, or rural areas of the countries listed above carries a higher risk, and typhoid immunization is required.
3. Personnel attached to units where they are subject to deploy to high destinations on short notice should ensure that they are immunized well in advance of potential movement to typhoid endemic areas.
4. Personnel assigned to the following units/duties are likely to require typhoid immunization due to TDY or recurrent travel to the typhoid endemic areas listed in paragraph 1. above:
 - a. West Africa Training Crews
 - b. International Marine Law Enforcement Training Team
 - c. Merchant vessel inspectors who regularly travel overseas or expect to travel to any of the indicated geographic areas
 - d. Drug Interdiction Assist Team
 - e. UN/International Training Assistance
5. Additional information concerning the need for typhoid vaccination in specific geographic areas can be obtained from:
 - a. Centers for Disease Control, Disease Information Hotline (24 hours) at COMM (404) 639-1610
 - b. Commandant (G-KOM), FTS 267-0748, COMM (202) 267-0748
 - c. U.S. Public Health Service Quarantine Stations:

Chicago	COMM (312) 686-2150
Honolulu	COMM (808) 541-2252
Los Angeles	COMM (213) 215-2365
Miami	COMM (305) 526-2910
New York	COMM (718) 917-1685
San Francisco	COMM (415) 876-2872
Seattle	COMM (206) 442-4519

**GENERAL FOOD AND WATER PRECAUTIONS
IN ENDEMIC, EPIDEMIC, OR OUTBREAK AREAS**

1. WATER

- a. Ice and drinking fountains should be considered contaminated. Only the following beverages may be safe to drink in areas of poor sanitation:
 - (1) boiled or bottled water,
 - (2) hot beverages made with boiled water (coffee or tea),
 - (3) canned or bottled carbonated beverages,
 - (4) beer, and
 - (5) wine.
- b. It is safer to drink from a can or bottle of beverage than to drink from a questionable container.
- c. Water on the surface of beverage containers may also be contaminated. Therefore, the surface of beverage containers should be dry and the area to contact the mouth should be wiped clean.
- d. Where water is contaminated, travelers should avoid brushing their teeth with tap water.

2. FOOD

- a. Food should be selected with care to avoid illness.
- b. All raw food is subject to contamination, particularly in areas of poor sanitation.
- c. Questionable foods are:
 - (1) salads,
 - (2) uncooked vegetables and fruit,
 - (3) unpasteurized milk and milk products,
 - (4) raw meat, or
 - (5) shellfish.
- d. Food that has been cooked and is still hot is generally safe.
- e. If you personally peel fruit, it is generally safe.