

# CONSIDER IXCHIQ™ BEFORE YOU TRAVEL

HELP PROTECT YOURSELF FROM  
THE CHIKUNGUNYA VIRUS



**CONSIDER VACCINATION  
AGAINST THE  
CHIKUNGUNYA VIRUS.  
BEFORE YOU TRAVEL,  
TALK TO YOUR  
HEALTHCARE  
PROFESSIONAL.**

IXCHIQ™ is a vaccine for intramuscular injection for use in individuals 18 years of age and older to help protect against chikungunya virus. Talk to your healthcare professional to see if IXCHIQ™ is right for you.

As with all vaccines, 100% protection is not guaranteed. IXCHIQ™ does not treat an infection or its complications once they develop. IXCHIQ™ does not protect against other diseases transmitted by mosquitoes. You should still protect yourself from mosquito bites even if you have been vaccinated with IXCHIQ™.

Allergic reaction may occur. In adults, very common side effects include, headache, fatigue and muscle pain. Joint pain, fever, nausea, skin rash and vomiting may also occur. The most common injection site reaction is tenderness. Pain, redness, hardening, and swelling may also occur.

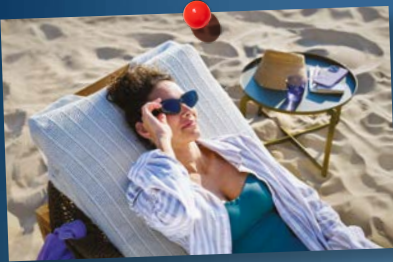
**TO LEARN MORE  
ABOUT IXCHIQ™,  
VISIT [IXCHIQ.CA](http://IXCHIQ.CA).**

 **IXCHIQ™**  
CHIKUNGUNYA VACCINE (LIVE, ATTENUATED)

# WHAT IS CHIKUNGUNYA DISEASE?

## CHIKUNGUNYA IS A POTENTIALLY LIFE-ALTERING DISEASE CAUSED BY THE CHIKUNGUNYA VIRUS.

- The name “chikungunya” comes from the word for “becoming contorted” in the African Kimakonde language, and describes the stooped appearance of those who suffer from **persistent joint pain** related to this disease.
- It is caused by the chikungunya virus and is mainly transmitted by infected **daytime-active mosquitoes**.
- **Most infected people will develop symptoms, the most common being fever and severe pain in multiple joints.**
  - The symptoms of chikungunya usually last for a few days but can linger and **last weeks, months** or even **years**.
- **There is no specific treatment** for chikungunya disease. Supportive care mainly involves helping relieve symptoms of fever and joint pain.



WHILE MOST PEOPLE RECOVER FULLY FROM CHIKUNGUNYA, SOME CASES CAN LAST FROM MONTHS TO YEARS



The chikungunya virus has become **more frequent and widespread**, having now been identified in **over 110 countries** in Asia, Africa, Europe and the Americas.



**Dengue and Zika** have similar symptoms to chikungunya, making diagnosis challenging.

**AS MANY AS 75%** As many as **75%** of those infected with chikungunya virus develop symptoms.

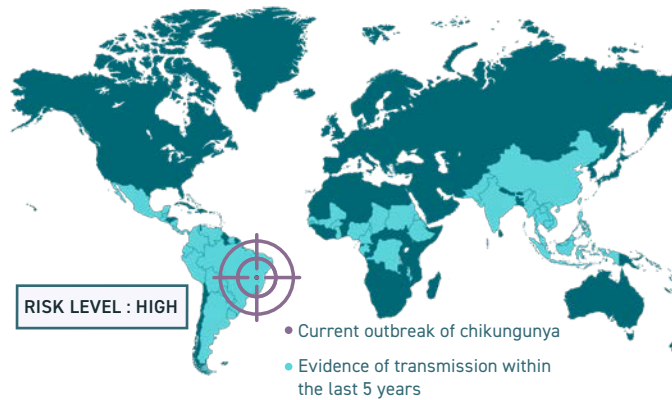
Symptoms include fever and debilitating, severe joint pain, which is frequent and varies in duration; other symptoms include joint swelling, muscle pain, headache, nausea, fatigue and rash.

**UP TO 43%** Chikungunya disease follows acute and chronic phases, with **up to 43%** of infected patients developing the chronic form of the disease. Chronic chikungunya is characterized by **joint pain, fatigue, and potentially debilitating effects** (e.g., depression, mood and sleep disorders) that can last from months to years, and **some may never fully recover**.

# AT-RISK AREAS

- Chikungunya is a global health threat with more than  $\frac{1}{3}$  of the world's population estimated to live in areas at risk of the disease.
- Areas of greatest risk for travellers are the **Americas**, parts of **Africa**, and **Southeast Asia**.
  - As of 2024, the majority of countries reporting the highest number of cases are located in South and Central America, including, Brazil (317,563), Paraguay (3034), Argentina (632), and Bolivia (346).

## AREAS AT RISK FOR CHIKUNGUNYA (LAST 5 YEARS)



A SURGE IN CANADIAN CHIKUNGUNYA INFECTIONS HAS BEEN LINKED TO THE VIRUS ENTERING INTO THE CARIBBEAN AND EXPANDING INTO THE AMERICAS.



**EQUIP YOURSELF FOR YOUR NEXT TRIP – PERSONAL PROTECTIVE MEASURES, INCLUDING VACCINATION, MAY HELP PROTECT YOU AGAINST THE CHIKUNGUNYA VIRUS.**

## MY PLAN OF ACTION

### HOW CAN I PROTECT MYSELF?

#### Prevention may help you along your trip abroad

Given that the disease caused by the chikungunya virus is spread by the bite of infected mosquitoes, the first step is to take personal protective measures, before and during your trip:



- **A proven method of protection against the chikungunya virus is vaccination.**

- Personal protective measures are also recommended to avoid mosquito bites:



- Insect repellents
- Bed nets
- Clothing – light-coloured, loose clothes (long pants with long-sleeved shirts)



- **It's important to plan accordingly and visit a travel health clinic or speak to a healthcare professional at least 4–6 weeks before travelling.**



## ABOUT IXCHIQ™

### INTRODUCING IXCHIQ™, THE FIRST CHIKUNGUNYA VACCINE IN CANADA.

- IXCHIQ™ is a vaccine for intramuscular injection for use in individuals 18 years of age and older to help protect against chikungunya virus.
- IXCHIQ™ works by stimulating your immune system to make substances known as antibodies which fight the chikungunya virus. Once vaccinated, if a person comes into contact with chikungunya virus, their body can fight off the virus.
- Following **one single dose** of IXCHIQ™, it usually takes **two to four weeks** to help protect you against the chikungunya virus.



## ABOUT IXCHIQ™

### HOW AND WHEN TO TAKE IXCHIQ™



IXCHIQ™ is given by a healthcare professional as an injection in the upper arm muscle in individuals 18 years of age and older.



Vaccination with IXCHIQ™ involves one single dose prior to travelling.



It usually takes **two to four weeks** to help protect you against the chikungunya virus following vaccination.



You should still protect yourself from mosquito bites even if you have received the IXCHIQ™ vaccine.

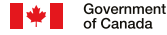


### SIDE EFFECTS

The most common side effects are headache, fatigue and muscle pain. Joint pain, fever, nausea, skin rash and vomiting may also occur.

The most common injection site reaction is tenderness. Pain, redness, hardening, and swelling may also occur.

### RESOURCES WHEN CONSIDERING VACCINATION



#### STAY INFORMED

[canada.ca/en/public-health/services/diseases/chikungunya.html](https://canada.ca/en/public-health/services/diseases/chikungunya.html)

Learn about chikungunya, its causes, symptoms, risks, treatment and prevention.



#### 411 vaccines FIND A TRAVEL CLINIC

[vaccines411.ca/en/vaccine-categories/travel](https://vaccines411.ca/en/vaccine-categories/travel)

**Vaccines411®** is an online vaccination clinic locator which also includes reliable immunization resources for Canadians to easily find the vaccination resources they need.



#### TRACK YOUR VACCINATIONS

[canimmunize.ca](https://canimmunize.ca)

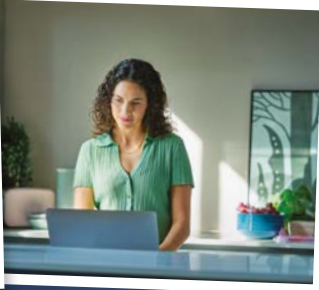
**CANImmunize** has a useful app to help Canadians keep track of their vaccinations. Download it today!



### ARE YOU READY?

HELP PROTECT YOURSELF AGAINST THE CHIKUNGUNYA VIRUS. LEARN MORE BY SPEAKING TO YOUR HEALTHCARE PROFESSIONAL, SUCH AS A DOCTOR, NURSE OR PHARMACIST, OR VISITING A TRAVEL CLINIC, BEFORE YOUR NEXT TRIP TO SEE IF IXCHIQ™ IS RIGHT FOR YOU.

TO LEARN MORE,  
VISIT [IXCHIQ.CA](https://ixchiq.ca)



IXCHIQ™ does not treat an infection or its complications once they develop.

Talk to your healthcare professional to see if IXCHIQ™ is right for you.

Individuals with the following conditions should discuss vaccination with their physician: persons allergic to a component of IXCHIQ™; persons with a bleeding disorder or a reduction in blood platelets; persons with a weakened immune system; pregnant or breastfeeding women; persons with any illness with a fever (temp. >38.0°C); persons that take any medications.

You should not use IXCHIQ™ if you have an immunodeficiency (e.g., hematologic and solid tumors, receipt of chemotherapy, congenital immunodeficiency, long-term immunosuppressive therapy) or if you are severely immunocompromised; you are allergic to any of the ingredients in the vaccine; you are pregnant – women of child-bearing potential should be advised to avoid pregnancy for one month following vaccination.

As with all injectable vaccines, appropriate medical treatment and supervision should always be available to treat rare cases of anaphylactic reactions following the administration of the vaccine. IXCHIQ™ must never be injected into a vein or any blood vessel. As with any other vaccine, vaccination with IXCHIQ™ may not result in protection in all cases. Like other intramuscular injections, this vaccine should not be administered intramuscularly to persons with thrombocytopenia, hemophilia or other bleeding disorders.

If you have a medically-confirmed weak immune system (immunodeficiency) or if you are taking medicines that can undermine the immune system (e.g., high-dose corticosteroids, drugs for rheumatoid arthritis or cancer drugs), IXCHIQ™ should not be given as it is a live vaccine.

Talk to your healthcare professional without delay if you experience the following uncommon side effects: difficulty breathing, hoarseness or wheezing, hives, dizziness, weakness or fast heartbeat.

These are not all the possible side effects you may have when taking IXCHIQ™. If you have a troublesome symptom or side effect that is not listed here or becomes bad enough to interfere with your daily activities, tell your healthcare professional.

Visit [Valneva.ca](https://valneva.ca) to view the Consumer Information leaflet for IXCHIQ™.

VALNEVA Canada Inc.  
600-3535, Saint-Charles Blvd.  
Kirkland (Montreal), Quebec  
H9H 5B9

© 2024 VALNEVA Canada Inc.  
All trademarks used under license.  
Printed in Canada.  
CA-IXC-2400012E

