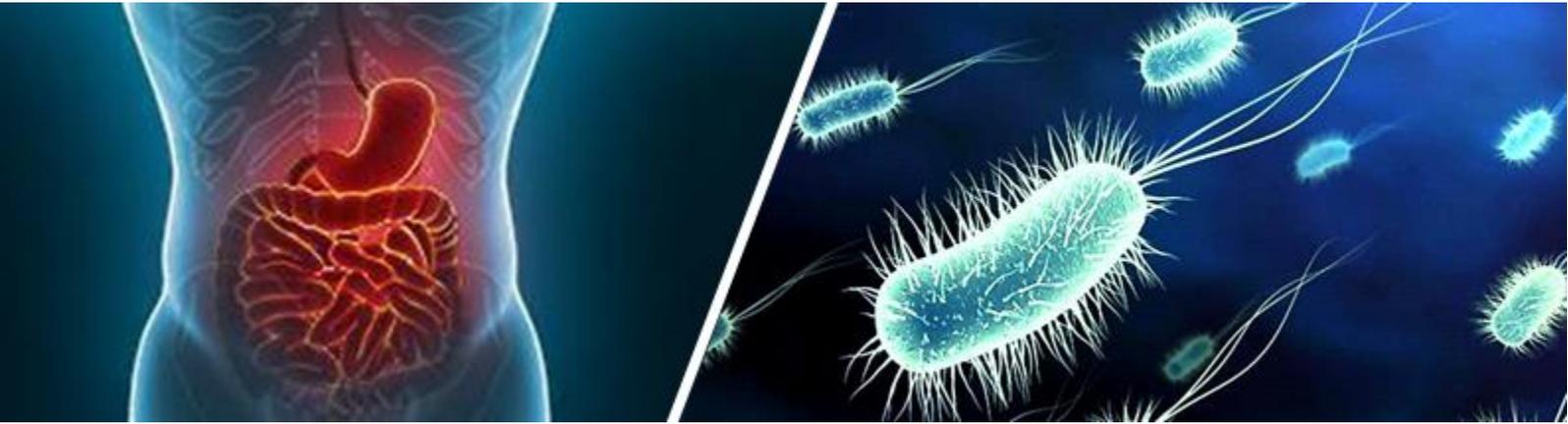


SYMPTOMS

Symptoms include:

Sustained fever (39° - 40°C), weakness, fatigue, headache, and cough, loss of appetite, stomach pain, nausea, constipation or diarrhoea. Some patients may have a rash or rose spots.

The incubation period is long, between 6- 30 days, the gastrointestinal symptoms may resolve, but then recur. Severe cases may produce serious complications or even death.



TRANSMISSION

Virus Distribution and Spread

Typhoid fever is a life-threatening infection, caused by the bacterium *Salmonella Typhi*.

It is usually spread through contaminated food or water and, by direct contact with the feces of an infected person.

No animals carry this infection due to; the transmission is only human to human.

It is common in most parts of the world, except in industrialized areas such as: Western Europe, Australia, Japan, U.S and Canada. The area with the highest risk is South Asia however, it is also prevalent in Africa and South America.

Around 1 in 5 cases of typhoid fever can be fatal if it is untreated. Typhoid fever is a life-threatening infection, caused by the bacterium *Salmonella Typhi*.

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RECOMMENDATION

There is a vaccine to prevent Typhoid fever infection but, the current vaccines are not always effective and, do not provide long lasting immunity, however the application of the vaccine is suggested.

If you have any of the above-mentioned symptoms, or if you suspect that you have the infection, or if you were in contact with a person with typhoid fever, it is advisable to consult with your healthcare provider.

Typhoid fever can be treated with antibiotics but, nowadays antibiotics-resistant is increasing. In order to choose the appropriate treatment, your health care provide may order a special test to check if the infection is antibiotic-resistant. It is recommended to rest and drink fluids to prevent dehydration.

PREVENTION

- Get vaccinated against typhoid fever.
- Wash your hands with soap and water regularly.
- Drink boiled water.
- Do not have ice in the drinks
- Wash carefully the fruit or vegetables before eating it.
- Avoid raw food, especially vegetables. It is advisable to remove the peel of the fruit.
- Do not eat street food and, eat food that is still hot.
- Avoid unpasteurized dairy products.

If you have the infection avoid the contact with other persons and also, you should avoid serving or prepare food for others.