

## Typhoid Fever - Factsheet

### What is Typhoid Fever?

Typhoid Fever (and Paratyphoid fever) is caused by Salmonella Typhi, Paratyphi A, Paratyphi B, or Paratyphi C bacteria, typically found in feces or urine.

### What are the symptoms of a Typhoid Fever infection?

The most common symptoms are gradual onset fever, headache, malaise, abdominal pain, changes in mental status, and constipation. A “rose spot” rash on the trunk may be present. Typhoid fever can progress to invasive infection and cause serious complications.

### How is Typhoid Fever spread?

Typhoid fever is spread by eating feces or urine contaminated or “dirty” water or food. Infected persons can spread the bacteria by not washing their hands after going to the bathroom and then handling food. Other exposures include consuming contaminated shellfish or produce. . Most US cases are infected during international travel.

### How long are people contagious?

Many people can clear the infection with antibiotics, but others (particularly those who are immunocompromised, have gallbladder issues, or get infected later in life) may go on to become chronic carriers and might need longer treatment.

### Who gets Typhoid Fever?

Typhoid fever is most common among people who travel internationally.

### What treatment is available for people with Typhoid Fever?

Typhoid fever is a very serious disease that requires antibiotic treatment. Drug resistance is common in Typhoid fever, so your doctor may have to do additional tests to find out what drugs will work.

### Do infected people need to be kept home from school, work or daycare?

Children should not go to daycare and food handlers and healthcare workers should stay out of work until they have 3 negative stools samples taken at least 24 hours apart or 3 months have passed since notification of disease.

### How can I protect myself and my family from getting Typhoid Fever?

- Get vaccinated before travelling internationally.
- Wash hands frequently with water and soap, and especially after using the toilet, changing a diaper or before preparing and/or eating food. (Sanitizing gel may be substituted when hands are not visibly soiled.)
- Avoid food or water from sources that may be contaminated.
- Wash raw fruits and vegetables in treated water prior to eating or chopping.