



## **TYPHOID FEVER FACT SHEET**

### **WHAT IS TYPHOID FEVER?**

Typhoid fever is caused by the bacterium *Salmonella Typhi*. Persons with typhoid fever carry the bacteria in their bloodstream and intestinal tract and the bacteria are shed in their feces (stool). Most cases get Typhoid Fever while traveling internationally. Typhoid fever is more common in areas of the world where handwashing is less frequent and water is likely to be contaminated with sewage.

### **HOW DO YOU GET TYPHOID FEVER?**

Typhoid fever is spread by eating food or drink beverages that have been handled by an infected person or if sewage contaminated with *Salmonella Typhi* bacteria gets into the water you use for drinking or washing food.

### **SYMPTOMS**

It can take anywhere from 3 to 60 days to show the first signs of being ill after being exposed. Symptoms may include:

- High fever
- Weakness
- Stomach pains
- Loss of appetite
- Rash of flat, rose-colored spots

### **TREATMENT**

Typhoid fever is treated with antibiotics. Discuss treatment options with your doctor.

### **PREVENTION**

- If you are traveling to a country where typhoid is common, you should consider being vaccinated against typhoid. Visit a doctor or travel clinic to discuss your vaccination options.
- When you eat raw fruit or vegetables that can be peeled, peel them yourself. (Wash your hands with soap first.) Do not eat the peelings.
- Eat foods that have been thoroughly cooked and that are still hot and steaming.
- Wash hands with soap and water after using the restroom, after changing diapers, and before eating or preparing food.
- If infected with Typhoid Fever, do not prepare food for others.

### **DPHD EFFORTS:**

The Delaware Public Health District (DPHD) routinely inspects restaurants, grocery stores, and other places where food is sold. In addition, we provide training to food service workers and the public regarding proper food handling practices. Reports of suspected and confirmed cases of disease are made to the DPHD. The DPHD investigates potential sources of illness, conducts surveillance for the spread of disease, and engages in community outreach and education.