

## HOW CAN I PROTECT MYSELF?



**Boil** all untreated drinking water



**Wash** your hands thoroughly with soap and water for 20 seconds before you prepare and eat food, and after using the toilet



**Eat** thoroughly cooked meals that are still hot



**Wash** fruits and vegetables with running water



**Avoid** eating undercooked meat



**Thoroughly** reheat food before eating

## IMPORTANT FACTS ON TYPHOID:

It is treated with antibiotics prescribed by a doctor - Keep taking the prescribed antibiotics for as long as the doctor has asked you to take them.

If diagnosed and treated early, the infection is likely to be mild.

More serious cases usually require hospital treatment.

If untreated, the illness can have serious complications, including death.

Visit your nearest health centre if you have any of the signs and symptoms of typhoid fever.

For more information visit [www.health.gov.fj](http://www.health.gov.fj)



MINISTRY OF HEALTH  
& MEDICAL SERVICES

# TYPHOID FEVER

# WHAT YOU MUST KNOW



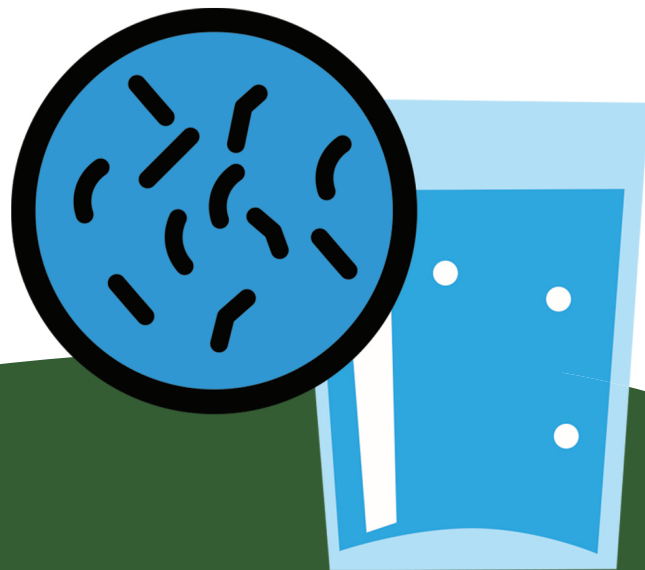
# WHAT IS TYPHOID FEVER?

Also known as typhoid, it is an acute, life-threatening, illness caused by the bacteria *Salmonella typhi*.

Typhoid is very contagious (easily spread from person to person).

The incubation period\* for typhoid is usually 7 to 14 days.

*\*The incubation period is from the time of exposure to the bacteria until you show the first symptoms.*



## SIGNS AND SYMPTOMS



Fever



Headache



Rash (Red, bumpy spots)



Abdominal Pain



Nausea



Constipation or sometimes diarrhoea

## HOW IS IT SPREAD?



An infected person can pass the bacteria (*Salmonella typhi*) out of their body in their faeces (stool) or, less commonly, in their urine.



It is then spread by eating food or drinking water that has been contaminated with the faeces of a person infected by the bacteria.



If someone eats food or drinks water that's been in contact with a small amount of infected faeces or urine, they can become unwell and develop typhoid fever.

## WHERE IS TYPHOID MORE COMMON?

Typhoid fever is most common where access to clean water and sanitation is poor.

The unhygienic preparation of food by a person who has typhoid can lead to the spread of this disease to others.

People who travel or live in these areas can get infected and take it to other places.

