

PROTECT YOURSELF FROM TYPHOID FEVER



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



Avoid eating undercooked meat



Eat thoroughly cooked meals that are still hot



Wash fruits and vegetables with running water



Thoroughly reheat food before eating

SIGNS AND SYMPTOMS



Fever



Rash (Red, bumpy spots)



Diarrhoea/
constipation



Fatigue



Abdominal
pains



Nausea



Headache