

TYPHOID FEVER

Typhoid fever is a serious bacterial infection spread through unclean food or water. It can cause serious problems if not treated. It is a major health concern in developing countries with poor sanitation conditions.

Typhoid fever can be life-threatening if not treated promptly. However, it can be prevented through vaccination and good hygiene practices. It is important to have a typhoid vaccination if you're travelling to an area where there's a risk of getting it. Typhoid is found in parts of Asia, Africa, and Central and South America.

Symptoms of typhoid include -

Nausea, High fever, vomiting, abdominal pain, diarrhoea, constipation and headache.

Typhoid can be transmitted through

- Poor sanitation,
- Contaminated food
- Contact with infected person

By following the below advice, you can lower the risk of getting typhoid fever

- regularly wash your hands with soap and warm water, especially after using the toilet, and before preparing food or eating food
- use sanitiser gel if soap and clean water are not available to wash your hands
- use bottled water or cooled boiled water to brush your teeth
- drink bottled drinks and cans, or drinks made with boiled water
- eat food that has been recently and thoroughly cooked, and is served hot
- do not have ice in your drinks
- do not eat raw or lightly cooked meat or seafood
- do not eat salads or uncooked fruit and vegetables that you have not washed or peeled yourself
- do not have dairy products – like milk, cheese, yoghurt or ice cream – made from unpasteurised milk
- do not eat food that has been left uncovered
- do not prepare or serve food for other people if you have or think you may have typhoid fever

Typhoid vaccination can either come as an injection or oral capsules.

Injectable Typhoid vaccine (Vi Polysaccharide) - This is given as a single shot, with booster doses recommended every 2-3 years. It is advised for individuals aged 2 and older.

Oral Typhoid vaccine (Ty21a) - This is given orally as a capsule as a 3-4 dose series, taken on alternate days recommended for individuals aged 6 and older.

Tests for typhoid fever

If there's chance you could have typhoid fever, your blood, poo and pee will be tested to check for it. You may need to go to hospital to have these tests.

Treatment for typhoid fever

Typhoid fever is treated with antibiotics. You may also be given medicine to lower your temperature.

You should start to feel better but may continue to have a high temperature for around 5 days after starting treatment.

Complications of typhoid fever

Most people who are treated make a full recovery from typhoid fever with no other problems.

Sometimes your symptoms can come back (relapse). This usually happens within 2 weeks of finishing treatment, but it can be at any time.

If your symptoms come back, you will need further treatment.

A small number of people become carriers. This is when you recover from typhoid but can still spread it to other people for months or years after.