

Protect yourself and your loved ones

# TYPHOID NEEDS ATTENTION



## What is Typhoid?<sup>[1]</sup>

**Typhoid** is a bacterial infection that spreads through contaminated food and water. It is caused by the bacteria *Salmonella typhi*, which lives exclusively in humans. When we ingest the bacteria, they invade our bloodstream and intestinal tract, causing a high fever, stomach ache, headache and weakness.

Without preventive measures and prompt treatment, typhoid can have life-threatening risks.

## Some Symptoms of Typhoid<sup>[2]</sup>

- |  |  |  |  |   |  |
|--|--|--|--|---|--|
|  Progressively increasing high fever |  Headache     |  Chills             |  Loss of appetite |  Cough               |  Diarrhoea or constipation  |
|  Weakness or fatigue                 |  Stomach ache |  Excessive sweating |  Muscle aches     |  Nausea and vomiting |  Rashes or spots (typically on the chest or stomach, more visible in fair skin) |

Talk to your doctor if you experience any of these.

## Prevention<sup>[3]</sup>

- |   |   |
|---|---|
|  Wash hands thoroughly with soap and water                  |  Use an alcohol-based hand sanitiser   |
|  Drink filtered, boiled, or bottled water                   |  Avoid street food unless freshly cooked and served hot                            |
|  Avoid drinking unpasteurised milk                          |  Consume vegetables and fruits only after washing them thoroughly with clean water |
|  Avoid ice creams, popsicles, or ice made from unsafe water |   |

## Vaccination

**Vaccination** can help prevent typhoid. There are two types of vaccines available for typhoid fever<sup>[1]</sup>:

- **Typhoid Conjugate Vaccine (TCV)**
- **Vi Polysaccharide (Vi-PS)**

The WHO-SAGE Working Group on Typhoid Vaccines recommends Typhoid Conjugate Vaccine for adults, children and infants (≥6 months).<sup>[4,5]</sup>

**Please consult your doctor for early vaccination.**



### Resources

- <sup>[1]</sup> <https://www.who.int/news-room/fact-sheets/detail/typhoid>  
<sup>[2]</sup> <https://www.mayoclinic.org/diseases-conditions/typhoid-fever/symptoms-causes/syc-20378661#symptoms>  
<sup>[3]</sup> <https://www.mayoclinic.org/diseases-conditions/typhoid-fever/symptoms-causes/syc-20378661#prevention>  
<sup>[4]</sup> Purple Book: IAP Guidebook on Immunization 2022 By Advisory Committee on Vaccines and Immunization Practices (ACVIP)  
<sup>[5]</sup> <https://iris.who.int/bitstream/handle/10665/345367/WHO-IVB-2021.04-eng.pdf>

Visit [www.typhoidneedsattention.com](http://www.typhoidneedsattention.com) to know more.

