

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**®



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



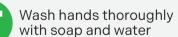
Rashes or spots (typically on the chest or stomach, more visible in fair skin)

Talk to your doctor if you experience any of these.

Prevention



Dos





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



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 fever11:

- **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).[4,5]

Please consult your doctor for early vaccination.



Resources

^[1] https://www.who.int/news-room/fact-sheets/detail/typhoid

^[2] https://www.mayoclinic.org/diseases-conditions/typhoid-fever/symptoms-causes/syc-20378661#symptoms

^[3] https://www.mayoclinic.org/diseases-conditions/typhoid-fever/symptoms-causes/syc-20378661#prevention

^[4] Purple Book: IAP Guidebook on Immunization 2022 By Advisory Committee on Vaccines and Immunization Practices (ACVIP)

 $^{^{\}text{[5]}}\,https://iris.who.int/bitstream/handle/10665/345367/WHO-IVB-2021.04-eng.pdf$