

Stay Safe, Stay Healthy.

TYPHOID NEEDS ATTENTION



What is Typhoid?^[1]

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^[2]

- | | | | | | |
|-------------------------------------|--------------|--------------------|------------------|---------------------|--------------------------------------------------------------------------------|
| 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^[3]

- | | |
|-------------------------------------------|------------------------------------------------------------|
| Dos | Don'ts |
| Wash hands thoroughly with soap and water | Avoid street food unless freshly cooked and served hot |
| Use an alcohol-based hand sanitiser | Avoid drinking unpasteurised milk |
| Drink filtered, boiled, or bottled 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^[1]:

- **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)

^[5] <https://iris.who.int/bitstream/handle/10665/345367/WHO-IVB-2021.04-eng.pdf>

