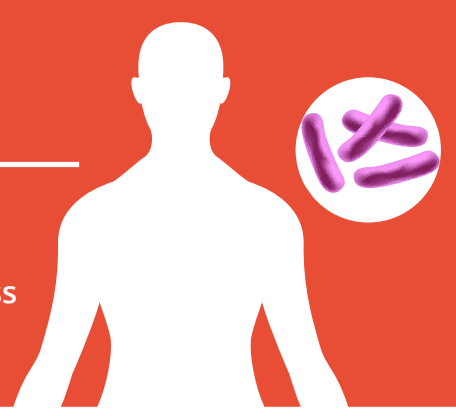


TYPHOID (ENTERIC) FEVER



WHAT IS ENTERIC FEVER?

Enteric fever (also called typhoid fever) is an illness caused by the bacteria *Salmonella Typhi*

01 HOW IS ENTERIC FEVER SPREAD?



- Enteric fever is spread by drinking water or eating food that is contaminated by typhoid-causing bacteria. These typhoid-causing bacteria are in the poop of infected people.
- Water can be contaminated when poop from an infected person gets into the water supply.
- Food can be contaminated when this water is used to water crops or to prepare food.
- Food can also be contaminated when an infected person prepares food without properly washing their hands.

WHAT ARE THE SYMPTOMS OF ENTERIC FEVER?

Symptoms usually start 1-3 weeks after eating/drinking the bacteria. Enteric fever can be mistaken for other illnesses like malaria or pneumonia.



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SYMPTOMS OF ENTERIC FEVER INCLUDE

- Prolonged fever
- Headache
- Tiredness
- Abdominal pain
- Diarrhea or constipation

Left untreated, enteric fever can cause serious illness and even death, and can also spread to others living in the same house.

03 WHAT DO I DO WHEN I THINK I HAVE ENTERIC FEVER?



GO TO YOUR CLINIC/HOSPITAL/GENERAL PRACTITIONER

The doctor or nurse will assess you and may need to send a blood test or stool (poop) to the laboratory to diagnose *Salmonella Typhi*.

HOW IS ENTERIC FEVER TREATED?

- Enteric fever can be treated with antibiotic tablets.
- If you are very sick, you may need to go to hospital.



04

05 HOW CAN I PREVENT GETTING ENTERIC FEVER?



HAND HYGIENE

Wash hands with soap and safe water before eating or preparing food, and after using the toilet or changing a baby's nappy. When water and soap are not nearby, use hand sanitiser containing at least 60% alcohol.



FOOD SAFETY PRACTICE

Follow the World Health Organization's five keys to safer food: keep clean; separate raw and cooked; cook thoroughly; keep food at safe temperatures; and use safe water and raw materials.



USING SAFE WATER

Read below about how to make your water safe

HOW CAN I TREAT UNCLEAR WATER TO MAKE IT SAFE?

If you are concerned that the water you use for drinking and cooking might not be safe, you can:



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BOIL IT

(place water in a clean container and bring to a boil for 1 minute)

OR

TREAT IT WITH HOUSEHOLD BLEACH

07



HOW TO MAKE WATER SAFE

Follow these guidelines using UNSCENTED household bleach (which usually contains 3-5% chlorine concentration)

2ℓ of water



8 drops (0.5mls)

5ℓ of water



16 drops (1ml or ¼ teaspoon)

10ℓ of water



2,5ml (½ teaspoon)

20ℓ of water



5mls (1 teaspoon)

Mix well and wait at least 30 minutes before drinking.

- One teaspoon is about 5mls.
- Using a dropper or syringe is the best way to accurately measure the amount of bleach to add.

REFRESH YOUR HAND HYGIENE KNOWLEDGE

WASH HANDS with soap and safe water before eating or preparing food, and after using the toilet or changing a baby's nappy.

Keep soap at taps or sink points for handwashing.

Keep soap in a stocking tied to a communal tap.

