

TYPHOID AND PARATYPHOID

What is typhoid and paratyphoid?

Typhoid and Paratyphoid are illness caused by the bacteria (germ) *Salmonella typhi* and *Salmonella paratyphi*. These infections occur worldwide but particularly in areas of poor sanitation and contaminated water supplies such as Asia, the Middle East, Central and South America, Pacific Islands and Africa. Typhoid is very common in Indonesia and Papua New Guinea. Almost all typhoid and paratyphoid cases in New Zealand are caught overseas.

How do you catch typhoid and paratyphoid fever?

- eating food or water that is contaminated with faeces from a person who has the illness
- it is only spread from person-to-person (the bacteria only lives in humans)

How can I prevent getting infected?

- eat food freshly cooked
- do not eat uncooked food including fruit and vegetables (unless you are able to peel them yourself) and uncooked seafood
- do not eat and drink unpasteurised milk or dairy foods
- drink bottled water or boil drinking water if you are unsure of it's source or safety

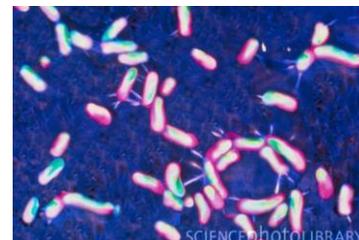
Wash hands with soapy water for 20 seconds, then dry well with a clean cloth or paper towel every time:

- after going to the toilet
- before preparing food, eating or drinking
- after changing babies nappies

People travelling to countries where there is typhoid/paratyphoid should also:

- not drink unsafe water, including ice and drinks mixed with water
- not eat from street stalls
- ensure hot food is well cooked and eaten while still hot
- see a travel doctor to discuss vaccination

Tip: for helpful information for New Zealanders travelling to other countries visit www.safetravel.govt.nz



Fact: Typhoid and paratyphoid is caught by eating food or water that is contaminated with faeces from a person who has the illness.



Tip: Fully cook minced meat, such as beef burgers so that they are brown all the way through and no blood runs out.



Fact: Almost all typhoid and paratyphoid illness in New Zealand are caught while travelling overseas.



Working with the people of Auckland, Waitemata and Counties Manukau

How do you know for sure you have typhoid and paratyphoid?

Typhoid and paratyphoid cause illness in the whole body, not just the stomach as you may feel and get:

- fever
- tiredness
- dull headache
- sweating
- stomach pain
- hard or soft faeces
- red rash on the stomach and chest
- cough

If you get sick with typhoid, you will get the symptoms usually in 8 to 14 days after being infected. With paratyphoid you will get the symptoms 1 to 10 days after being infected.

What should I do if I think I have typhoid and paratyphoid?

- visit your family doctor who will ask you where you have travelled and stayed
- they will ask how you are feeling and examine you
- this information is important, but it is very hard to find typhoid and paratyphoid in your body even if you have the illness
- if your doctor thinks you have typhoid and paratyphoid they will ask for faeces or blood sample

When can I go back to work, school or daycare?

- anyone with diarrhoea, even if the reason is not known, should not go to work, school or day care
- children should stay away from daycare or school until tests show they are free of the bacteria
- adults whose job involves preparing food, working at a daycare centre, or in healthcare should not go back until two samples (taken more than 24 hours apart) show no signs of typhoid/paratyphoid



Recommend: If you have diarrhoea or vomiting visit your family doctor.



Tip: Always wash hands with soap and water dry carefully.



Recommend: See a travel doctor to discuss vaccination if you are travelling overseas.

**For further help or information call
Auckland Regional Public Health Service
09 623 4600**