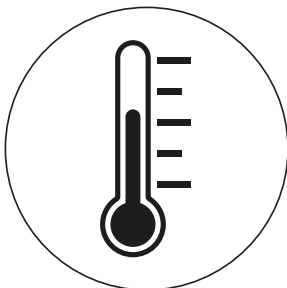


Typhoid and Paratyphoid Fever

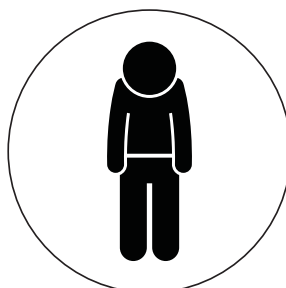
Typhoid and paratyphoid fever are life-threatening diseases caused by *Salmonella Typhi* and *Salmonella Paratyphi* bacteria. These bacteria can be spread by eating or drinking contaminated food or water. Typhoid and paratyphoid fever affect an estimated 11–21 million people worldwide each year. These diseases are rare in the United States, but they are common in many countries.



Symptoms



High fever



Weakness



Headache



Loss of appetite



Diarrhea or constipation



Stomach pain

Some people also have a cough or rash. Internal bleeding and death can occur but are rare.

Where are the diseases most common?

Typhoid and paratyphoid fever are common in many parts of the world, including South Asia, so travelers to Pakistan, India, and Bangladesh should take precautions to protect themselves from these infections. Other areas of highest risk include parts of East Asia, Africa, the Caribbean, Central and South America, and the Middle East. In the United States, about 425 people are diagnosed with typhoid and 125 with paratyphoid fever each year, most often after traveling outside of the United States.



**U.S. Department of
Health and Human Services**
Centers for Disease
Control and Prevention

Prevention Tips for Travelers

Follow safe food and water practices when traveling abroad. Typhoid fever can also be prevented with vaccines. There is no vaccine for paratyphoid fever.

1. Get vaccinated against typhoid fever.



Travelers to places where typhoid fever is common, including eastern and southern Asia (especially Pakistan, India, and Bangladesh), Africa, the Caribbean, Central and South America, and the Middle East, should be vaccinated against typhoid fever.

Visit your doctor or a travel clinic at least 2 weeks before travel to discuss the two typhoid fever vaccine options available in the United States. Your doctor will help you decide if pills or a shot is best for you and your family. Remember that you should complete the vaccinations at least 1–2 weeks before you travel (depending on the type of vaccine).

Typhoid vaccines are only 50–80% effective, so you should still be careful about what you eat and drink to decrease your risk of getting typhoid fever and many other illnesses.

2. Practice safe eating and drinking habits.

Carefully select what you eat and drink when you travel. You can reduce your risk while traveling in countries where typhoid and paratyphoid fever are common by:

- Boiling, cooking, or peeling food before eating
- Only drinking water that is bottled or has been boiled for 1 minute (3 minutes at elevations above 6,500 feet)
- Avoiding drinks with ice, unless the ice is made from bottled or boiled water
- Washing your hands with soap and water before eating, drinking, or preparing food
- Not eating food prepared by anyone who is sick or was recently sick



Bottled water



Cooked food

If you feel very sick during or after travel, seek medical care.



- Talk to your doctor or nurse if you feel very ill, especially if you have a fever.
- Tell them when and where you traveled.
- They may conduct tests that can diagnose infection.



- Avoid contact with other people while you are sick.
- Do not prepare or serve food to other people.



- Typhoid and paratyphoid fever are treated with antibiotics.
- Take them for as long as the doctor recommends, even if your symptoms go away.