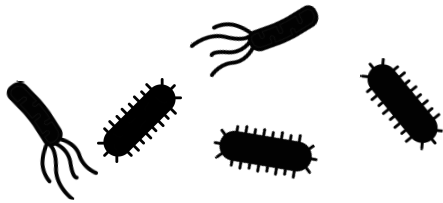




# Typhoid Fever

## Fact Sheet

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Typhoid fever is a serious illness caused by *Salmonella typhi*.



In the US, most people get infected during travel outside the country.

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## Common Symptoms



Fever (can be as high as 104°F)



Stomach pain



Constipation or diarrhea



Headache

The fever usually stays constant and does not come and go through the illness. Other symptoms include weakness, cough, loss of appetite, and a rash with flat, rose-colored spots.

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You should not work if you are sick with typhoid fever. This is especially important if you are a food handler, child care worker, or health care worker. Your doctor will let you know when you can return to work.

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Typhoid fever can be life-threatening. Seek medical help urgently if you have a fever and feel very ill. Treatment is very important. If your symptoms go away without treatment, you can still carry the bacteria and spread it to others or get sick again.

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# Spread of Typhoid Fever

*Salmonella typhi* spreads through the feces (poop) of an infected person. People get infected when they swallow the bacteria. The bacteria can get in your mouth through:



Consuming food or drink prepared by a person who did not wash their hands after using the bathroom or changing a diaper



Eating food rinsed in contaminated water



Eating food, drinks, or water contaminated by sewage

Symptoms start 3 days to 2 months after swallowing the bacteria. Some infected people may not show any symptoms, but can spread the bacteria to others. Some people can continue to spread the bacteria even after they feel better.

## Prevent Typhoid Fever



Get a typhoid vaccine before international travel



Only drink bottled water during international travel and avoid ice



Only eat food during international travel that is boiled, cooked, or can be peeled before eating.



Do not drink raw milk



Always Wash Your Hands With Soap And Water:

- Before eating, drinking, and before and after preparing food
- After using the toilet or changing diapers
- After touching animals
- If you are taking care of someone with typhoid fever after cleaning the bathroom, helping with toileting, changing diapers, or touching soiled clothing or linens

## For More Information, Visit:



1. [www.maine.gov/dhhs/salmonella](http://www.maine.gov/dhhs/salmonella)
2. [www.cdc.gov/typhoid-fever/](http://www.cdc.gov/typhoid-fever/)

You can also call Maine CDC at 1-800-821-5821.