

HEALTH EDUCATION
LIBRARY FOR PEOPLE



World's largest FREE health Education library for people

We help patients to become better patients! We can help you understand your health and medical problems better so you can get better care in partnership with your Doctor.

OUR VISION

We think patients are the largest untapped healthcare resource and that Information therapy is the most Powerful Medicine !

OUR GOALS

1. Encouraging health insurance companies to invest in patient education.
2. Advocating information therapy.
3. Setting up a national network of patient education centers.
4. Developing patient educational materials in Indian Languages for the web.

For more information on this subject:
Ask the Librarian : Free Answers to any Health Questions !!

<http://www.healthlibrary.com/information.htm>

For More Info: ASK A LIBRARIAN



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HEALTH EDUCATION LIBRARY FOR PEOPLE

Typhoid Fever



Prevention and Treatment

**LET'S HELP
ERADICATE
IGNORANCE**

Prevention & Treatment of Typhoid fever



Typhoid fever is a life-threatening illness caused by the bacterium *Salmonella Typhi*. Typhoid fever is common in the developing world, where it affects about 21.5 million persons each year. Typhoid fever can be prevented and can usually be treated with antibiotics.

Signs & Symptoms

Persons with typhoid fever usually have a sustained fever as high as 103° to 104° F (39° to 40° C). They may also feel weak, or have stomach pains, headache, or loss of appetite. In some cases, patients have a rash of flat, rose-colored spots. The only way to know for sure if an illness is typhoid fever is to have samples of stool or blood tested for the presence of *S. Typhi*.

Prevention of Typhoid fever

Two basic actions can protect you from typhoid fever:

1. Avoid risky foods and drinks.
2. Get vaccinated against typhoid fever.

Salmonella Typhi lives only in humans. Persons with typhoid fever carry the bacteria in their bloodstream and intestinal tract (excreted in the feces/stool).

You can get typhoid fever if you eat food or drink beverages that have been handled by a person who is shedding *S. Typhi* or if sewage contaminated with *S. Typhi* bacteria gets into the water you use for drinking or washing food.

- If you drink water, buy it bottled or bring it to a rolling boil for 1 minute before you drink it. Bottled carbonated water is safer than uncarbonated water.
- Ask for drinks without ice unless the ice is made from bottled or boiled water. Avoid popsicles and flavored ices.
- Eat foods that have been thoroughly cooked and that are still hot and steaming.
- Avoid raw vegetables and fruits that cannot be peeled. Vegetables like lettuce are easily contaminated and are very hard to wash well.
- When you eat raw fruit or vegetables that can be peeled, peel them yourself. (Wash your hands with soap first.) Do not eat the peelings.
- Avoid foods and beverages from street vendors. It is difficult for food to be kept clean on the street, and many get sick from food bought from street vendors.

If you are traveling to a country where typhoid is common, you should consider being vaccinated against typhoid. Remember that you will need to complete your vaccination at least 1 week before you travel so that the vaccine has time to take effect. Typhoid vaccines lose effectiveness after several years; if you were vaccinated in the past, check with your doctor to see if it is time for a booster

vaccination. Taking antibiotics will not prevent typhoid fever but only help to treat it.

It may surprise you, but watching what you eat and drink is as important as being vaccinated. Avoiding risky foods will also help protect you from other illnesses.

Treatment of Typhoid fever

If you suspect you have typhoid fever, see a doctor immediately. You will probably be given an antibiotic to treat the disease. Persons given antibiotics usually begin to feel better within 2 to 3 days, and deaths rarely occur. However, persons who do not get treatment may continue to have fever for weeks or months, and as many as 20% may die from complications of the infection. Even if your symptoms seem to go away, you may still be carrying *S. Typhi*. If so, the illness could return, or you could pass the disease to other people. In fact, if you work at a job where you handle food or care for small children, you may be barred legally from going back to work until a doctor has determined that you no longer carry any typhoid bacteria.

If you are being treated for typhoid fever, it is important to do the following: Keep taking the prescribed antibiotics for as long as the doctor has asked you to take them. Wash your hands carefully with soap and water after using the bathroom, and do not prepare or serve food for other people. This will lower the chance that you will pass the infection on to someone else.

