

Typhoid



TYPHOID FEVER



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مركز الأمراض الإنتقالية
Communicable Disease Center

عضو في مؤسسة حمد الطبية
A Member of Hamad Medical Corporation



Typhoid

Introduction

Typhoid is a bacterial infection transmitted by contaminated food and drinks (fecal-oral route).

Typhoid is found throughout the world but it is more common in countries where water or food supplies are liable to be contaminated.

The Illness

Typhoid causes systemic infection that presents as fever, headache, confusion and vague abdominal pain. Constipation is common in adults.

Treatment

Treatment with an antibiotic is usually required. Medical attention should be sought for any febrile illness experienced whilst travelling abroad.

Vaccination

Various vaccines that protect against typhoid are available.

Oral live attenuated vaccine (three oral capsules divided between day one/three/five) or a single dose of injectable Inactivated Polysaccharide vaccine protects for three years.

In addition, combined typhoid with Hepatitis A vaccine is available in some countries.

Recommendations to Travelers

The vaccine is available at the Communicable Disease Center in Travel Clinic

Prevention focused on:

- Ensuring safe food and water, particularly in countries where typhoid is more common. Foods to be wary of include shellfish, salads, unwashed fruit, vegetables, and raw undercooked meat products.
- Good personal hygiene is also very important. Individuals should ensure that they wash their hands prior to eating and after using the toilet.
- Individuals should consider vaccination if they are travelling to a country where typhoid fever is more common and where they will be unable to take sufficient care with food and drink.