






- Vaccination: the WHO recommends that countries with very high burdens of disease or high burdens of antibiotic resistant S. Typhi include typhoid vaccination in their vaccination programmes. Typhoid vaccination can also be one of the tools used for controlling outbreaks, along with providing safe water and improved sanitation and other public health measures.



**KWAZULU-NATAL PROVINCE**  
HEALTH  
REPUBLIC OF SOUTH AFRICA

# ENTERIC (TYPHOID) FEVER



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HEALTH  
REPUBLIC OF SOUTH AFRICA

**COMMUNICABLE DISEASE CONTROL & ENVIRONMENTAL HEALTH: HEAD OFFICE**  
Townhill Office Park – Block 2 | 1 Hyslop Road  
Pietermaritzburg | 3201  
TEL: 033 940 2445



## ENTERIC (TYPHOID) FEVER

It is also called enteric fever and is caused by the bacterium *Salmonella Typhi*. In South Africa, typhoid is a notifiable medical condition

### Symptoms

- A fever which is often high and can last for many days or even weeks
- Lethargy and fatigue
- Headache
- Nausea
- Abdominal pain
- In some cases either constipation or diarrhoea.

### Incubation period

Average incubation period of 9-21 days (range 3-60 days)

### Transmission

It is transmitted person to person through the faecal – oral route where an infected or asymptomatic individual with poor hand or body hygiene passes the infection to another person when handling food and water

### Diagnosis

Isolating the bacteria from a blood sample (blood culture)

#### Preventive measures for the public include:

- Hand hygiene. Wash hands with soap and safe water:
- Before, during, and after preparing food
- Before and after eating food
- Before and after caring for someone at home who is sick (especially if they have diarrhoea or vomiting)
- After using the toilet
- After changing diapers/nappies or cleaning up a child who has used the toilet
- Food safety practice. Follow the World Health Organization's five keys to safer food: keep clean; separate raw and cooked foods; cook thoroughly; keep food at safe temperatures; and use safe water and raw materials.

- Washing hands with soap and water before, during and after preparing food and before eating, is especially important.
- Using safe water. If people are concerned about the quality of water they use for drinking and cooking, then it is recommended to treat the water first by boiling it (place water in a clean container and bring to a boil for 1 minute) or treating it with household bleach (add 1 teaspoon of household bleach (containing 5% chlorine) to 20-25 litres of water, mix well and leave it to stand for at least 30 minutes before use).

### Other measures

- Water and sanitation infrastructure: safe drinking water and improved sanitation
- Public health measures: correctly diagnosing and treating cases, finding and treating carriers
- Food safety
- Health education: handwashing, food safety practice

