

Simple steps to protect yourself from typhoid fever and extensively drug-resistant (XDR) typhoid fever

The bacteria that cause typhoid fever spread through contaminated food and water

Protect yourself from typhoid fever:

Water: bring to a rolling boil for 1 minute, or chlorinate, especially from open sources

Food: wash with safe water, peel and properly cook or boil. Do not eat food which you did not prepare if you are unsure of its safety

Sanitation: do not use open defecation separate waste water from water for washing or food preparation

Wash your hands often, especially before eating and after using the toilet

Cover food when you are not eating to keep flies away

Seek prompt medical attention from a qualified doctor if you have the following symptoms

Symptoms appear on average 8-14 days after ingesting infected food or water



A fever higher than 38° C



Weakness/fatigue



Nausea, stomach pain, loss of appetite



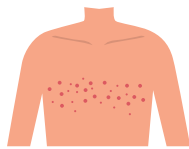
Headache



Diarrhea, constipation



Cough



A rash of flat, rose-colored spots

If you are being treated for typhoid fever:



Do not prepare or serve food for other people



Ask your qualified health professional to vaccinate your children



Consult your qualified health professional if your condition does not improve after taking medicine

Protect yourself from XDR typhoid fever:

Follow all the steps for typhoid fever, and additionally:



Only take medication prescribed by a qualified health professional



Before taking any medication, wait for your qualified health professional to complete necessary laboratory tests (these are called "culture" and "antibiotic sensitivity test")



Always complete antibiotics courses prescribed by your qualified health professional



Proper treatment for someone with XDR typhoid must be given at a health facility, not at home