Typhoid and Paratyphoid Fever

Typhoid and paratyphoid fever are life-threatening diseases caused by *Salmonella Typhi* and *Salmonella Paratyphi* bacteria. They can be spread by drinking or eating contaminated food or water. Typhoid and paratyphoid fever affect an estimated 11 to 21 million people worldwide each year. These diseases are rare in the United States, but they are common in many countries.

**Symptoms**

- High fever
- Weakness
- Stomach pain
- Headache
- Cough
- Loss of appetite

Some people have diarrhea or constipation and some have rash. Internal bleeding and death can occur but are rare.

**Who is at Risk?**

Typhoid and paratyphoid fever are common in many parts of the world, including South Asia, so travelers to Pakistan, India, and Bangladesh should take precautions to protect themselves from this infection. Other areas of highest risk include parts of East Asia, Africa, the Caribbean, and Central and South America. In the United States, about 350 people are diagnosed with typhoid and 90 with paratyphoid fever each year, most often after traveling outside of the United States.
Prevention Tips for Travelers
Follow safe food and water practices when traveling abroad. Typhoid fever can also be prevented with vaccines. There is no vaccine for paratyphoid fever.

1. Practice safe eating and drinking habits.
   Carefully select what you eat and drink when you travel. You can reduce your risk while traveling in countries where typhoid and paratyphoid fever are common by:
   - Boiling, cooking, or peeling food before eating
   - Only drinking water that is bottled or has been boiled for 1 minute
   - Avoiding drinks with ice, unless the ice is made from bottled or boiled water
   - Washing your hands often and thoroughly, especially before eating or drinking
   - Not eating food prepared by anyone who is sick or has recently been sick

2. Get vaccinated for typhoid.
   All travelers to places where typhoid fever is common, including countries in Africa, the Caribbean, Central and South America, East Asia, and especially South Asia, should be vaccinated against typhoid fever.
   Visit your doctor or a travel clinic at least 2 weeks before travel to discuss the two typhoid fever vaccine options available in the United States. Your doctor will help you decide if pills or a shot is best for you and your family. Remember that you should complete the vaccinations at least 1-2 weeks before you travel (depending on the type of vaccine).
   Typhoid vaccines are only 50–80% effective, so you should still be careful about what you eat and drink to decrease your risk of getting typhoid fever and many other illnesses.

If you feel very sick during or after travel, seek medical care.

- Talk to your doctor or nurse if you feel very ill, especially if you have a fever.
  Tell them when and where you traveled.
  They may conduct tests that can diagnose infection.

- Avoid contact with other people while you are sick.
  Do not prepare or serve food to other people.

- If you are diagnosed with typhoid fever, you will need to be treated with antibiotics.

Learn more: https://www.cdc.gov/typhoid-fever/index.html