

# Prevention



Wash vegetables and fruits with clean water before eating them



Clean all dishes using detergent and clean water



Store/prepare food on clean table, above the ground level



Use proper toilet



Wash hands with soap and clean water after using the toilet, before eating and preparing food



Drink boiled water



Clean your house surroundings and dispose rubbish properly



Choose clean food premises when eating out



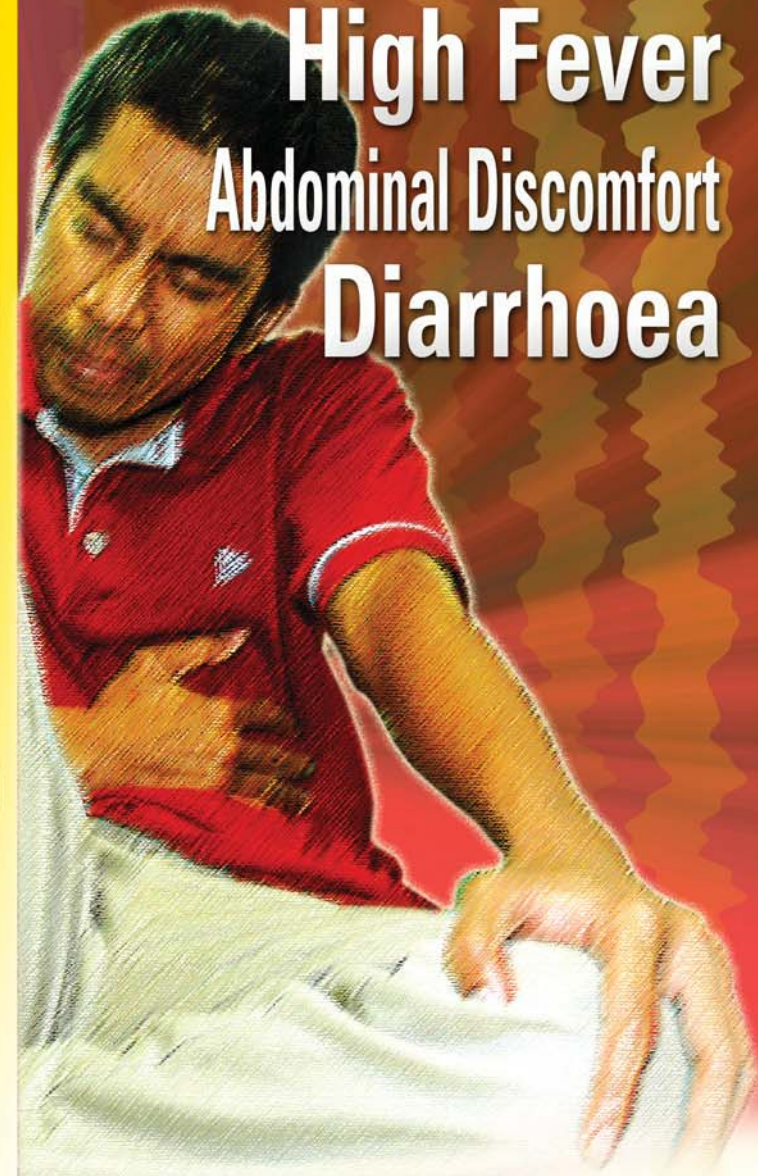
Cover all food from flies, other insects and rodents



Use tongs and proper utensils to take food

**SEEK EARLY TREATMENT**  
if you have  
**SIGNS AND SYMPTOMS OF**  
**TYPHOID**

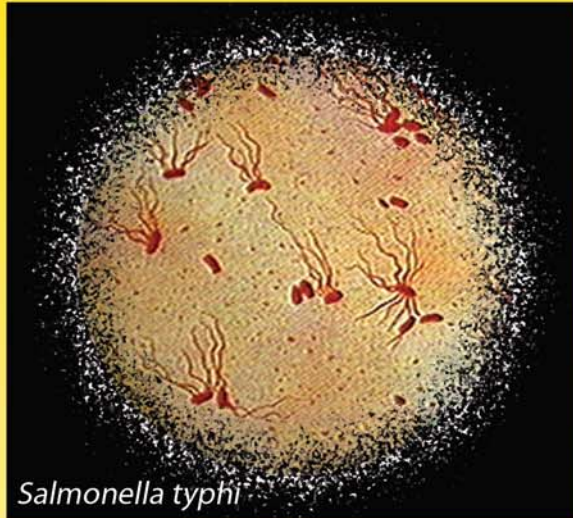
# High Fever Abdominal Discomfort Diarrhoea



*It Can Be*

# TYPHOID

## TYPHOID



**TYPHOID** is an infectious disease caused by a type of bacteria known as *Salmonella typhi*. These germs are found in urine and faeces of the infected individuals and typhoid carriers.

Typhoid carrier is a person infected by the Typhoid germs but does not show signs or symptoms of Typhoid disease.

## HOW IS TYPHOID TRANSMITTED?

- Typhoid is spread by eating food or drinking water which is contaminated with faeces / vomitus of Typhoid patients / carriers. Typhoid germs can contaminate water supply if improper/insanitary toilets are used
- Flies transmit the typhoid germs from Typhoid carriers' faeces to exposed or uncovered food
- Typhoid can be transmitted through hands which are contaminated by the faeces of Typhoid patients/carriers if not washed before eating or preparing food



## SIGNS AND SYMPTOMS

- Severe headache
- Abdominal discomfort
- Dysentery followed by diarrhoea
- Prolonged high fever for 3-4 weeks
- Rashes on the body
- Sunken eyes
- May become unconscious and mumble



## DANGERS OF TYPHOID

- Patient may take weeks to recover
- Patient may experience internal bleeding
- Typhoid can infect the heart and may cause death



**EARLY TREATMENT CAN SAVE LIVE**