



Paratyphoid Fever

Fact Sheet

What is it?

Paratyphoid fever is an illness caused by the bacteria commonly known as *Salmonella paratyphi*.

How is it spread?

Paratyphoid fever is spread from contact with food or water that is contaminated with feces or urine from an infected person. Foods such as shellfish, fruits and vegetables harvested from sewage contaminated beds have been associated with paratyphoid fever. Raw milk and raw milk products have also been identified as potential sources of illness. The bacteria can be spread as long as it is being excreted from an infected individual.

What are the signs and symptoms?

Symptoms of paratyphoid fever include fever, headache, loss of appetite, malaise (a feeling of discomfort), diarrhea, constipation and rose coloured spots on trunk of body. Symptoms typically appear 1-10 days after eating contaminated food.

How is it prevented?

- Handwashing. Washing hands with soap and water after using the toilet and before preparing meals is the best defense.
- Eat only foods that are well cooked. Wash all raw vegetables. Ensure water is safe before drinking.
- Shellfish should be boiled or steamed for at least 10 minutes before consumption.
- Ill persons should not prepare food and should not be involved in the care of elderly or persons susceptible to illness.
- Before traveling, attend a travel clinic to determine your risk and measures you can take to prevent illness.
- When traveling abroad, avoid eating raw or undercooked shellfish. Eat only raw fruit and vegetables that have been washed. Eat only foods from animal sources that have been thoroughly cooked.
- Ill persons should seek medical attention.
- Control flies through measures such as screening and traps

Other Questions?

Talk to your health care provider or call our Communicable Disease Program at 613-966-5500 x349. Toll Free 1-800-267-2803 | TTY Dial 711 (1-800-267-6511) | www.hpepublichealth.ca

References

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