# Paratyphoid Fever NEBRASKA (Salmonella Paratyphi) Good Life. Great Mission.

## What is Paratyphoid Fever?

- Paratyphoid Fever is caused by a type of bacteria called Salmonella Paratyphi.
- In the United States, many people who are sick with Paratyphoid Fever became infected while traveling in other places.
- Paratyphoid fever is spread through contaminated food or water. It can also be spread from person to person.

# Who can get Paratyphoid Fever?

Anyone can become sick with Paratyphoid fever, but people traveling to regions where Paratyphoid fever is common are at greater risk.

### People can get Paratyphoid Fever from:

- Drinking contaminated water
- Eating food contaminated by someone who has Shigellosis
- Direct contact with someone who is sick or their feces (poop)
- Eating food prepared by someone who is sick with typhoid fever

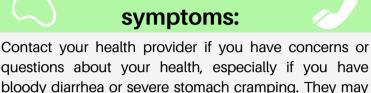
# Symptoms of Paratyphoid Fever:

### Symptoms may include:

- · weakness/fatigue
- stomach pain/cramps
- diarrhea
- · constipation
- loss of appetite
- headache
- cough



# What to do if you have symptoms:



Tell your healthcare provider if you have other medical conditions or a weakened immune system (such as HIV infection or from chemotherapy treatment) because you may be more likely to become severely ill.

ask you to submit a blood or stool (poop) sample to

# How to decrease your chance of getting Paratyphoid Fever:

The best way to protect yourself is to practice good hygiene.

### Wash your hands often:

· after using the bathroom

diagnose Paratyphoid Fever.

- before preparing or eating food
- after touching garbage or feces (poop)
- -Don't drink possibly contaminated water (or ice)
- -When traveling, only eat foods that have been cooked all the way, and are still hot.
- -Avoid raw fruits and vegetables that can not be peeled.

### **Treatment:**



- -People with a Paratyphoid Fever infection should drink plenty of fluids to prevent dehydration. Dehydration can cause serious issues and may lead to hospitalization.
- -If you have fever or severe symptoms, seek medical treatment. Your doctor may prescribe antibiotics. You should take them until they are finished, even if you are feeling better.
- -It is possible to be contagious even after you feel better. It is very important to wash your hands often and avoid food preparation.

For more information, go to <a href="https://www.cdc.gov/typhoid-fever/index.html">https://www.cdc.gov/typhoid-fever/index.html</a>