



## UKHSA typhoid and paratyphoid factsheet

### What are typhoid and paratyphoid?

Typhoid and paratyphoid are preventable illnesses caused by salmonella bacteria. They are found across the world but are more common in countries where sanitary facilities are less developed. In the UK, most people who have caught typhoid and paratyphoid have travelled overseas recently.

### What are the symptoms?

People usually have a high fever with general aches and pains and stomach upset or constipation (difficulty passing poo). Later they may feel sick, lose their appetite or have diarrhoea (loose watery poo).

### How is it spread?

It is spread through eating food or drinks that contain the bacteria. The food or drink can look clean but still cause illness. Food or drink can become infected after a person who has been ill handles it, or when sewage enters drinking water. Sewage can also infect shellfish in the water and eating infected shellfish can cause typhoid or paratyphoid.

### How can I protect myself and others?

Take these actions to protect yourself and others:

- wash your hands carefully, using soap, hot water and clean towels - this is most important after going to the toilet, before preparing food or drink, before eating and when travelling
- help young children to wash their hands if needed
- if you have typhoid or paratyphoid, avoid cooking food for others while you are being treated - if you do have to cook, wash your hands carefully before preparing a meal, or a drink, or eating
- if you plan to travel abroad, ask your GP whether you need a free typhoid vaccination -there is no vaccine for paratyphoid

### Do I need to stay off work or school if I have been ill?

The risk of spreading the illness depends on what you do. The following groups may be at higher risk of spreading typhoid and paratyphoid:

- people who handle food at work
- people who work in health care
- young children under 6 years of age
- other groups (as advised by a health protection practitioner)

People in these groups may have to stay off work or school for longer and provide poo samples to make sure it is safe for them to return. Your Environmental Health Officer will explain what you should do based on your personal circumstances.

### **Why do some people have to submit poo samples?**

You may be asked for a poo sample to test for typhoid or paratyphoid. People who have recently recovered from typhoid or paratyphoid or may have been ill with it in the past may also be tested to see if they are fully recovered. The Environmental Health Officer will let you know if you need to provide a poo sample.

### **Where can I get more information?**

You can find information about typhoid and paratyphoid on the [UKHSA Website](#) or the [NHS website](#).

If you have concerns about your health, call your GP or NHS 111.