

# Paratyphoid Fever

(Salmonella Paratyphi)

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## 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:



Contact your health provider if you have concerns or questions about your health, especially if you have bloody diarrhea or severe stomach cramping. They may ask you to submit a blood or stool (poop) sample to diagnose Paratyphoid Fever.

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.

## 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
- 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 <https://www.cdc.gov/typhoid-fever/index.html>