

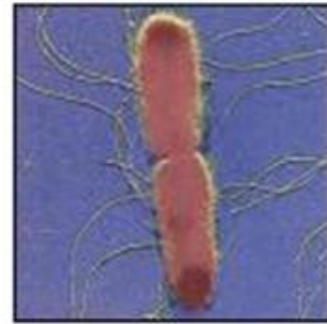


# Food safety advice

## Typhoid and Paratyphoid infections (enteric fever)

### The germ

The cause of these illnesses are types of Salmonella bacteria, known as *Salmonella Typhi* and *Salmonella Paratyphi*. *Salmonella Typhi* infection can cause a severe illness.



### The illness

The symptoms are fever, abdominal discomfort, constipation rather than diarrhoea, rashes and other general symptoms of infection. The incubation period is usually 7 -14 days but it can be shorter or longer depending how the bacteria are ingested. The illness usually lasts 10-14 days. Some people can continue to be carriers for a long time after the symptoms have disappeared. Approximately 80% of enteric fever cases are acquired abroad, mostly in Asia.

### Diagnosis

The infection can be detected by culture from stool samples and also a blood culture when the infection has moved out of the intestine into the bloodstream.

### Spread of the illness

The main source is the human intestinal tract and is spread by persons suffering with enteric fever or symptom-less carriers. Food or water contaminated by infected food handlers or by sewage are the main routes of transmission.

### Prevention of spread

Good standards of personal hygiene are essential. Cleanliness during food handling and storage is very important. Due to the nature of the illness certain groups of people such as food handlers are required to be excluded from work or contact with others who may be at risk until they have submitted a number of negative stool samples. If this applies to you then an Environmental Health Officer or Public Health England will discuss this further with you.