



World Antibiotic Awareness Week 18 - 24 Nov. 2021

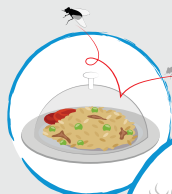
Simple steps to protect yourself from typhoid fever
and extensively drug-resistant (XDR) typhoid fever

The bacteria that cause typhoid fever spread through contaminated food and water

Protect yourself from typhoid fever:



Water:
bring to a rolling boil for 1 minute, or
chlorinate, especially from open
sources



Cover food when you are not eating to keep
flies away



Food:
wash with safe water, peel
and properly cook or boil.
Do not eat food which you
did not prepare if you are
unsure of its safety



Wash your hands often, especially before
eating and after using the toilet



Sanitation:
do not use open defecation



Sanitation:
separate waste water from water for washing or food preparation

Seek prompt medical attention from a qualified doctor if you have the following symptoms

Symptoms appear on average 8-14 days after ingesting contaminated food or water



A fever higher than
38° C



Weakness/fatigue



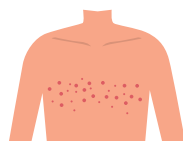
Nausea, stomach pain, loss of
appetite



Headache



Diarrhea, constipation



A rash of flat, rose-colored spots

If you are being treated for typhoid fever:



Do not prepare or serve
food for other people



Ask your qualified
health professional
to vaccinate your
children



Consult your qualified health
professional if your condition does
not improve after taking medicine



Only take medication prescribed by a
qualified health professional



Before taking any medication, wait for your
qualified health professional to complete
necessary laboratory tests (these are called
culture and antibiotic sensitivity test)



Always complete antibiotics courses
prescribed by your qualified health
professional



Proper treatment for
someone with XDR
typhoid must be given
at a health facility, not at
home

Protect yourself from XDR typhoid fever:

Follow all the steps for typhoid fever, and additionally: