



# Paratyphoid Fever

## What is it?

- Paratyphoid fever is a serious bacterial infection caused by a type of Salmonella bacteria called *Salmonella paratyphi*.
- Paratyphoid fever is not common in Ontario. Cases are mostly linked with travel to countries that do not have adequate food safety, or sewage and water treatment.

## What are the symptoms?

- Symptoms of paratyphoid fever usually appear within 1-10 days after being exposed.
- Symptoms usually include fever, headache, and malaise. Other symptoms may include decreased bowel movements, lack of hunger, slower heart rate, enlargement of the spleen, cough, and rash on the upper body referred to as rose spots.
- Serious side effects can occur 2-3 weeks after becoming sick and may include intestinal hemorrhage or perforation.

## How is it spread?

- Paratyphoid fever is spread to other people by the fecal-oral route. This means that the bacteria from the feces (stool) of the infected person must get into the mouth of another person for the infection to spread.
- Most commonly, this happens when someone eats or drinks contaminated food or water. Contaminated milk and milk products, unwashed raw fruits and vegetables, and raw or undercooked shellfish harvested from contaminated water are often sources of this infection.

## How long is it contagious?

- Most people will no longer have the bacteria in their stool 2 weeks after they first developed symptoms.

## How is it treated?

- Treatment is at the discretion of your healthcare provider and may involve antibiotic therapy.

## How is it prevented?

To prevent becoming ill with Paratyphoid fever:

- Only eat food that has been well-cooked and is still hot

when served.

- When travelling to areas where water and food safety is uncertain, use only sealed bottled water or treated (chemically disinfected or boiled) water.
- Avoid undercooked foods, especially shellfish and fish. Shellfish should be boiled and steamed for 10 minutes prior to eating. Avoid raw foods.
- Always wash your hands well with soap and water for at least 15 seconds before cooking, preparing, eating, or serving food.
- Always wash your hands after going to the bathroom or changing diapers and anytime your hands may be dirty.

## Should I go to childcare, school, or work?

- Infected persons **must** be excluded from high-risk settings (food handling, childcare, and healthcare).
- If you are a contact of an infected person and you have symptoms, you need to be excluded from high-risk settings (food handling, childcare, and healthcare).
- If you are a contact of an infected person and you do not have symptoms, contact the health unit for further direction.

For further information, please contact the Communicable Disease Control (CDC) Program at 705-474-1400 or toll free at 1-800-563-2808, ext. 5229.

## References:

*Manual*. 20<sup>th</sup> ed. American Public Health Association. Washington, DC. pp.681-688.

Ministry of Health. (2022). Infectious Diseases Protocol, Appendix 1: Paratyphoid Fever. Retrieved from: [https://www.health.gov.on.ca/en/pro/programs/publichealth/oph\\_standards/docs/paratyphoid\\_fever\\_chapter.pdf](https://www.health.gov.on.ca/en/pro/programs/publichealth/oph_standards/docs/paratyphoid_fever_chapter.pdf)

Newton, Anna, E., Mintz, E. Centers for Disease Control and Prevention. (2022). Chapter 4 Travel Related Infectious Diseases: Typhoid & Paratyphoid Fever. Retrieved from: <https://wwwnc.cdc.gov/travel/yellowbook/2020/travel-related-infectious-diseases/typhoid-and-paratyphoid-fever>

Fact Sheet for 13-CDC-1-E - 2023-12-07

345 Oak Street West  
North Bay, ON P1B 2T2  
☎ 705-474-1400  
☎ 705-482-0670  
Call Toll Free: 1-800-563-2808

90 Bowes Street, Suite 201  
Parry Sound, ON P2A 2L7  
☎ 705-746-5801  
☎ 705-746-2711  
myhealthunit.ca