Typhoid Fever

What the heck is that?

In countries with poor sanitation, water supplies can carry the bacteria that cause Typhoid Fever. Although we know not to "drink the water"; sometimes we wash our hands in a public bathroom or eat an apple off the farmer's cart after he washed the produce down with a hose!!!!

Where is Typhoid fever a problem?

African, Latin and South American Countries and Some Asian countries.

How can I avoid Typhoid Fever?

Be careful with what you eat, clean it, bottled water, never raw or uncooked food, always cooked food and VACCINATE!

You need to vaccinate at least **one week** before travel, you can either get pills or a shot. Pills keep you protected for **5 years**; the shot keeps you protected for **2 years**. **STUDENT HEALTH SERVICES COST**: \$55.00

Remember this phrase: WASH YOUR HANDS "BOIL IT, COOK IT, PEEL IT, OR FORGET IT"

How do I know if I have Typhoid Fever?

You'll get a high fever of 103-104 degrees, stomach and headaches, some people get a nasty rash. You **MUST** get on antibiotics.

What do I do?

Stop by for a vaccine, check the **cdc.gov website under "travel medicine"** and be VERY CAREFUL what you eat and **WASH YOUR HANDS!!**