

# EXPERIMENT: 14



**Centurion**  
**UNIVERSITY**

*Shaping Lives...*  
*Empowering Communities...*

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**AIM OF THE EXPERIMENT:** Health Communication: communicable diseases, their signs and symptoms, and prevention of Typhoid.

**REQUIREMENT:** Data Collection

**THEORY:**

Typhoid, also known as typhoid fever, is a bacterial infection caused by the bacterium “*Salmonella typhi*”. The infection is usually acquired by consuming contaminated food or water, or by coming into contact with someone who is infected with the bacteria.

**SIGN & SYMPTOMS:**

- High fever (typically above 103°F or 39.5°C)
- Weakness and fatigue
- Headache
- Abdominal pain or discomfort
- Diarrhea or constipation
- Loss of appetite
- Nausea and vomiting
- Rash of flat, rose-colored spots on the trunk of the body
- Cough
- Sore throat

**PREVENTION:** Typhoid fever is a serious bacterial infection that can be prevented by taking appropriate measures. Here are some ways to prevent typhoid fever:

- **Practice good hygiene:** Wash your hands frequently with soap and water, especially before handling food or eating, after using the toilet, and after changing a diaper. Avoid touching your face or mouth with unwashed hands.
- **Get vaccinated:** A typhoid vaccine is available and is recommended for people who are at risk of contracting the disease. Consult your healthcare provider for more information on the type of vaccine that is best for you.

- **Be careful when traveling:** If you are traveling to an area where typhoid is common, take precautions such as drinking only bottled or boiled water, avoiding raw or undercooked food, and washing your hands frequently.
- **Practice food safety:** Cook food thoroughly, especially meat and poultry, and avoid consuming food from street vendors or other sources that may not be properly prepared or stored.
- **Maintain a clean environment:** Keep your living area and surroundings clean and free of garbage or standing water, which can be breeding grounds for the bacteria that cause typhoid fever.

**Conclusion:** From the above experiment, we discussed about the signs and symptoms, and prevention of **Typhoid**.