



## Salmonella Paratyphi B

### What is Salmonella Paratyphi B?

Salmonella Paratyphi B is a type of germ that is found in the intestines of humans and can cause illness.

### What are the symptoms?

Symptoms happen gradually and may include:

- fever (usually as high as 103 or 104 F)
- headache
- fatigue (feeling tired)
- diarrhea (sometimes bloody)
- stomach pain

Antibiotics are used to treat this illness, which usually lasts 4 to 7 days.

The elderly, infants, and those with a weakened immune system can become severely ill and may need to go to the hospital.

### How is it spread?

- Salmonella Paratyphi B infection is usually spread by eating food or drinking water contaminated with the feces (stool) of an ill person or a person who carries this germ in their body.
  - This can happen if a person with Salmonella Paratyphi B does not wash their hands well after using the bathroom.
  - **Any food** can become contaminated.
  - Contaminated foods usually look & smell normal.
- Salmonella Paratyphi B can also be spread through direct contact with a person who has the infection.

### How can I prevent Salmonella Paratyphi B?

- **Good hand washing:**
  - after using the bathroom or changing a diaper
  - before you fix, serve or eat food
  - **Hands should be washed for 20 seconds, or about the time it takes to say the ABCs**
- Cook all foods fully and as directed. This helps kill germs.
- Keep uncooked meats, poultry and eggs away from fruits and vegetables, cooked foods, and ready-to-eat foods.
- Wash counters, cutting boards & utensils with soap & water after they have been in contact with raw meat, poultry or eggs.
- Rinse all fruits and vegetables with running water before you eat them.

### If you think you have this infection:

- See a doctor right away.
- Do **NOT** prepare food or drink for others **OR** return to work or school until your doctor tells you it is safe for you to do so.
- Drink plenty of water and juice
- Call your doctor or go to the emergency room if you are not able to keep down liquids or have signs of dehydration, such as dark urine, small amount of urine, or a rapid heart rate.

**If you have the infection and are a food worker, health care provider or child care worker, do not return to work until you have been released by the Buncombe County Health Director.**

**For more information**, contact the Disease Control Program at the Buncombe County Department of Health at 828.250-5109.

