



## **HEALTH AND WELLNESS CLUB**

Circular No.73/2024-25

Date : 26 Sep, 2024

### **TYPHOID FEVER** **FIGHT TODAY, LIVE TOMORROW**

*"An ounce of prevention is worth a pound of cure."  
– Benjamin Franklin*

Dear Parents,

With the onset of monsoon and flooding in Delhi – NCR, we are observing many cases of Typhoid fever. The reported cases of Typhoid worldwide increased from appx 8800 in 2018 to 1 million in 2024, as per data released from CDC. Children are more vulnerable to such illnesses and we must take measures to protect our students and school community.

It is caused by a bacteria called *Salmonella typhi* (around 80% of all cases) and paratyphoid fever is caused by *Salmonella paratyphi* A or B (20%).

#### **Mode of infection:**

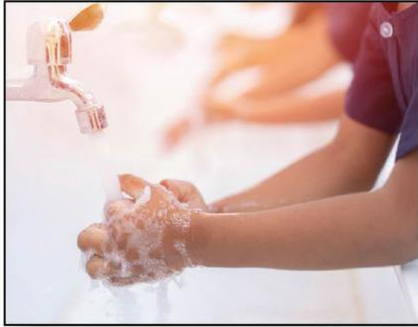
- These bacteria enter the body through the mouth either through contaminated food or water.
- The faeces or urine of typhoid-infected patients contain these germs and can contaminate water supply systems, especially during the monsoon.
- Undercooked food, raw vegetables or contaminated milk and dairy products can also be a source of *Salmonella* infection

#### **Symptoms & Signs:**

- Fever
  - Vomiting
  - Diarrhoea
  - Abdominal pain
  - Bloating tummy
  - Lethargy or tiredness
  - Loss of appetite
  - Coated tongue
  - Liver & spleen enlarged
- The fever may be low-to-moderate and steadily increases in intensity and frequency.
  - The child appears lethargic in between fever spikes whereas in viral fever usually held is well in between fever.
  - Children should be offered balanced, easily digestible diet with lots of fluids including buttermilk, tender coconut water
  - Avoid heavy, oily or spicy dishes.
  - Properly cooked, light non-vegetarian food can be consumed during typhoid fever.

**At School we are taking adequate measures by ensuring that all water provided is safe for drinking and encouraging students to wash their hands frequently.**

## PREVENTION OF TYPHOID



**Wash your hands**



**Drink boiled water**



**Wash vegetables and fruits before use**



**Get Vaccinated**

- Wash your hands with soap and water before eating or handling food.
- Wash your hands after using the toilet & after cleaning your child's stools.
- Drink water that has been boiled for at least 1 minute.
- Eat food that has been completely cooked and is still hot.
- Wash vegetables & fruits well at home before consuming them.
- Do not eat raw vegetables or salads or cut fruits from outside.
- Do not buy food or drinks from street vendors, especially uncooked ones such as pani puri, juice, chutneys etcetera
- Do give Typhoid vaccine if not already given

*Let's work together to keep our children safe and healthy!*

*Asha Prabhakar*

**Asha Prabhakar**  
(Principal)

### Distribution

- VPL/HMs
- Staff / Students
- Broadcast Groups
- Website

WE STAND COMMITTED TO SDGs

