

Summary

- Outbreak of *Salmonella typhi* in Auckland
- Be alert for potential cases – main symptoms include fever, headache, myalgia, constipation (sometimes diarrhoea), and abdominal pain.
- Send potential cases to Emergency Departments for assessment and treatment
- Please notify suspect cases to public health on **09 623 4600**
- Any food workers with symptoms must be kept away from work

30 March 2017

Be alert for symptoms of typhoid

10 cases confirmed in Auckland

An outbreak of typhoid (*Salmonella typhi*) in Auckland has seen 10 people hospitalised in the last 10 days. Most cases have been acquired in New Zealand and appear to be linked. Cases so far have been in the Pacific community. GPs, after hours medical staff and emergency department personnel are advised to be alert for potential cases.

Typhoid is a systemic illness spread via the faecal-oral route. It is characterised by persistent fever, headache, and malaise, often with myalgia. Initially it may present with non-specific symptoms, so can easily be missed. Gastrointestinal symptoms may appear and include abdominal pain (40%) and constipation (38%). Diarrhoea occurs in only around 10% of cases. Findings on examination can include fever, splenic and hepatic tenderness and enlargement and a 'rose spot' rash.

Suspected cases should be referred to hospital emergency departments for urgent assessment and management. As the disease is spread primarily through water and food, any food workers with consistent symptoms should be kept from work until they can be assessed.

Good hand hygiene should also be emphasised as a primary means of avoiding infection.

For more information see [ARPHS typhoid factsheet](#) and [hand hygiene information](#).

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