

TYPHOID AND ENTERIC FEVER; FOLLOW-UP, RELAPSE, AND CARRIER

TYPHOID AND ENTERIC FEVER; FOLLOW-UP, RELAPSE, AND CARRIER Topic: TYPHOID AND ENTERIC FEVER
Subtopic: FOLLOW-UP, RELAPSE, AND CARRIER MANAGEMENT Clinical follow-up after treatment is aimed at confirming recovery, detecting relapse, and reinforcing prevention. Most children improve rapidly once effective antibiotics are started, but fatigue and weight loss may persist for weeks; counsel families on nutrition and gradual return to activity. Emphasize full-course completion even after early improvement to reduce relapse risk. Relapse can occur, typically within 1–3 weeks after completing therapy, and usually presents as recurrent fever with a milder clinical picture. Relapse should be managed as a new episode: obtain culture if possible, review prior adherence and antibiotic choice, and treat with a full course guided by susceptibility. If fever recurs with focal symptoms (for example bone pain or localized tenderness), evaluate for a focal *Salmonella* complication and extend therapy as needed. Persistent shedding of *Salmonella* in stool can occur transiently during convalescence; true chronic carriage is uncommon in children, so routine post-illness stool cultures are not recommended for otherwise well pediatric patients. Targeted stool culture follow-up is reasonable in outbreaks, recurrent family clusters, or when an older adolescent is involved in food handling. When a carrier state is confirmed, prolonged antibiotic therapy guided by sensitivity and public health coordination may be required. Children can usually return to school once afebrile, clinically well, and able to participate normally; strict hand hygiene and safe water practices reduce household transmission during recovery.

References: 1. Typhoid Fever — StatPearls (NCBI Bookshelf) —

<https://www.ncbi.nlm.nih.gov/books/NBK557513/>

2. The treatment of enteric fever (review, PMC) —

<https://pmc.ncbi.nlm.nih.gov/articles/PMC1847736/>

3. National Treatment Guidelines for Antimicrobial Use in Infectious Diseases

(India) — Enteric fever section (NCDC) — <https://ncdc.mohfw.gov.in/wp-content/uploads/2025/08/NTG-Version-31st-July-final.pdf>

4. Typhoid fever: control & challenges in India (review, PMC) —

<https://pmc.ncbi.nlm.nih.gov/articles/PMC6977362/>