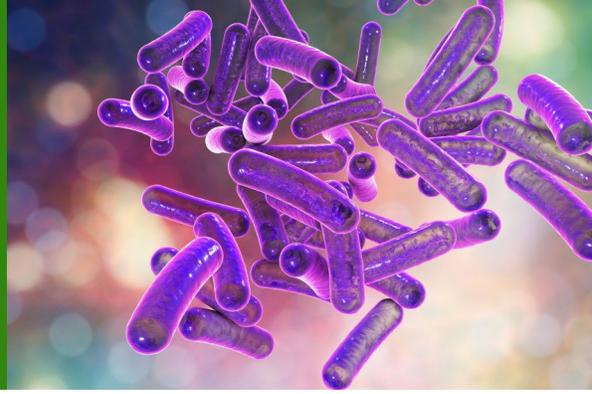


# Shigella

## (Shigellosis)



**Shigella** infection, or shigellosis, is a bacterial infection that causes diarrhea. Anyone can get it, but some groups are more at risk of becoming sick. Around 450,000 people get sick with a *Shigella* infection in the United States each year.



### How is *Shigella* spread?

The *Shigella* germ lives in poop. You can get *Shigella* infection by putting something in your mouth that has come into contact with an infected person's poop. You may come into contact by:

- ▶ Touching something with the bacteria on it and then touching your mouth or food.
- ▶ Eating food made by someone sick with *Shigella* infection.
- ▶ Contact with poop during sexual contact.
- ▶ Swallowing water contaminated with the germ when swimming.



### What are the signs and symptoms?

Symptoms usually start within two to three days after swallowing the germ. They include:

- ▶ Diarrhea
- ▶ Fever
- ▶ Stomach pain

Some people will not have any symptoms while some will experience symptoms for four or more weeks. People with *Shigella* can have the bacteria in their poop for up to two weeks after symptoms are gone.



### What are the treatment options?

- ▶ Most people will feel better within seven days without medical treatment.
- ▶ For diarrhea that lasts more than three days, severe stomach cramps, or signs of dehydration contact your doctor.





## Who is at risk?

Some groups of people are more at risk of getting *Shigella* infection. These groups include:

- ▶ Children under 5 years old. This group is most likely to get sick with *Shigella* infection.
- ▶ Gay, bisexual, and other men who have sex with men.
- ▶ People who travel to places where sanitation is poor and food might be unsafe.
- ▶ People who are experiencing homelessness.



## How can it be prevented?

Take steps to prevent *Shigella* infection, especially during an outbreak or if you or someone you know has recently been sick:

- ▶ Wash your hands with soap and water, especially after changing diapers and using the bathroom.
- ▶ Do not swallow water when swimming.
- ▶ Take extra pre cautions with food and drinks when traveling internationally.
- ▶ Avoid sexual contact for two weeks after you or your partner have been diagnosed with *Shigella* infection.



## When can you return to work and school?

- ▶ Most people can return to work or school when diarrhea stops.
- ▶ Be sure to wash your hands after using the bathroom.
- ▶ People that work with food, children, or staff in day care, and health care workers need to get approval from their local health department before returning to work.

