

What you should know about **SHIGELLA**

WHAT IS SHIGELLA? (*shuh-geh-luh*)

Shigella is a bacteria (germ) that causes an illness in the intestine called shigellosis. It spreads easily and can make you very sick, especially young children, older adults, and people with weakened immune systems.

SIGNS AND SYMPTOMS



Diarrhea
(sometimes with blood or mucus)



Stomach Pain or Cramps



Fever



Nausea & Vomiting

Symptoms usually begin 1 to 2 days after exposure and can last about a week.

Seek medical care if symptoms are severe.

HOW DOES SHIGELLA SPREAD?

Shigella spreads when germs from poop get into your mouth. This can happen through:

- Touching surfaces or people with unwashed hands
- Changing diapers
- Sexual activity
- Eating food or drinking water that has been contaminated

***Shigella* is very contagious—even small amounts of bacteria can make you sick**

WHO IS MOST AT RISK?

- Children in childcare settings
- Travelers to areas with poor sanitation
- People experiencing homelessness
- People with HIV or weakened immune systems
- Men who have sex with men

HOW IS IT TREATED?

- Most people recover without medicine. **Drinking fluids and resting is important.**
- Antibiotics may be needed for people with severe symptoms or higher risk.

PROTECT YOURSELF AND OTHERS



AVOID OTHERS IF SICK. Wait at least 2 days after you feel better preparing food for others.

Seek medical care if your symptoms are severe, last more than 3 days, or don't get better.



WASH or SANITIZE HANDS OFTEN

With soap and water or hand sanitizer - especially after using bathroom or before cooking and eating food



PRACTICE SAFE SEX. Use barriers like condoms or dental dams, and wash your hands, body (especially the genital and anal areas), and any sex toys before and after sexual activity.



CLEAN AND DISINFECT SURFACES

REGULARLY. Focus on frequently touched areas like doorknobs, counters, and bathroom surfaces.