

Shigella is a kind of bacteria that affects the intestines and causes diarrhea.

SYMPTOMS

Symptoms of *Shigella* may include:

- Diarrhea (loose poop, more often than usual; sometimes bloody)
- Fever
- Stomach pain, cramping
- Upset stomach and vomiting (throwing up)

Symptoms of *Shigella* usually begin 1 to 4 days after infection. Sometimes a person with *Shigella* will have no symptoms but can still spread the illness to others.

TREATMENT

Most people with *Shigella* get better within a week without treatment. Sometimes antibiotics are given to shorten the length of illness.

You can lose a lot of fluids through vomiting and diarrhea which can lead to dehydration (not enough fluid in the body). Drink lots of fluids if you have diarrhea to keep from getting dehydrated. Dehydration is serious and may need special medical care. Dehydration is more of a problem for children under 5, the elderly, and people whose bodies cannot fight disease. If you have vomiting or diarrhea, be sure to replace the fluids you lose. You can do this by drinking lots of water, making a drink that is half water and half juice or soda (without caffeine) or drinking an oral rehydration fluid. Oral rehydration fluid is a mixture of salts and sugar mixed with water that replaces lost minerals (ask your pharmacist).

HOW IT SPREADS

People infected with *Shigella* shed the bacteria in their stool (poop). The bacteria can be found in stool (poop) for about 4 weeks after symptoms end. The amount of stool it takes to spread *Shigella* can be so small that you can't see it.

You can get *Shigella*:

- By eating food made by someone with *Shigella* who does not wash their hands well after using the bathroom.
- By eating fruits or vegetables that came from a field with sewage in it.
- By swimming in or drinking contaminated water. Water can become contaminated when sewage runs into it or when someone with *Shigella* swims in it.
- If you do not wash your hands well after changing a sick child's dirty diapers.

HOW TO PREVENT SHIGELLA INFECTION—READ THE OTHER SIDE OF THIS PAGE

Healthy Habits

- Wash your hands with soap and water often. Remind family members to do the same.
- Wash everything that goes into a baby's mouth.
- Sick people should not make food for others.
- Disinfect diaper changing areas after use and put dirty diapers in plastic bags. Wash hands after changing diapers and when helping children use the toilet.
- Rinse fruits and vegetables well before eating them.
- Keep areas where food is made clean.
- Keep hot foods hot and cold foods cold so bacteria cannot grow.
- When traveling in areas that have poor sanitation, do not eat ice, salads, raw foods, cold foods or drink untreated water.
- Do not eat raw (unpasteurized) cheese or drink unpasteurized milk or juice.
- Don't swallow water while swimming.

MORE ABOUT HANDWASHING

How to Wash



1. Wet



2. Soap



3. Scrub 15 –20 seconds



4. Rinse



5. Dry



6. Use towel to turn off faucet

WHEN TO WASH

- Before and after eating
- Before, during and after preparing and handling food
- After using the bathroom or helping a child use the bathroom
- After changing or checking a diaper
- After coughing, sneezing, blowing your nose and after wiping a child's nose
- After touching blood or body fluids (urine, feces, vomit, etc)
- After handling animals or their waste
- After handling trash
- After handling money
- Whenever hands look, feel or smell dirty

Washing hands is the best way to keep from getting many illnesses. No soap and water? Use a hand sanitizer made with alcohol (follow package directions) - then wash with soap and water as soon as you can.