

# Shigella

## What is it?

Shigella is a bacteria that causes an infection called shigellosis.



## Symptoms

Symptoms usually start 1-2 days after exposure and last for 7 days.

Symptoms include:

- Diarrhea; sometimes with blood or mucus
- Feeling the need to poop, even when bowels are empty
- Fever
- Stomach pain

If you think you may have shigellosis, seek medical care and get tested.

## How is Shigella spread?

Shigella spreads from person to person when the bacteria from an infected person's feces (poop) is ingested through the mouth. It can be in feces for 2 weeks after symptoms end. You can be exposed to Shigella by getting the bacteria in your mouth when you:

- Touch contaminated surfaces, clothing, or objects, and then touch your mouth
- Consume contaminated food or liquid
- Sexual activity with a person who has or recently had Shigella, especially involving oral or anal sex



## When sick

Shigella can be in feces for 2 weeks after symptoms end. Wash your hands well and often to avoid reinfecting yourself or spreading to others, and stay home from healthcare, food service, and childcare jobs until you test negative twice.

Take these precautions for 2 weeks after symptoms end:

- Do not share cigarettes, pipes, needles, tooters, straws, utensils or other personal items
- Do not prepare food for others
- Do not engage in water recreation (swimming, hot tubs)
- Do not have sex

## Ways to prevent shigellosis

Wash hands with soap and water for 20 seconds or by using alcohol-based hand sanitizer, rubbing your hands until dry. Clean hands and fingernails:

- After using the toilet and changing diapers (when possible, wash with soap and water)
- Before eating or preparing food
- Before and after engaging in sexual activity

Most disinfectants kill Shigella. Disinfect the following surfaces often:

- High touch surfaces, like doorknobs, handles, and counters
- Tables and areas where people eat
- Where food is prepared

