

# SHIGELLA

## PERSONAL HEALTH FACT SHEET

### *What is Shigella?*

*Shigella is a bacteria that gets into the intestines and causes illness. Shigella is found in a person's bowel movements (stool).*

### **How is it spread?**

It is directly spread by an infected person who does not wash their hands after having a bowel movement or changing the diapers of an infected child. It is indirectly spread by eating something prepared by an infected person who has not properly cleaned their hands and fingernails. If you have been exposed to the bacteria, you may develop symptoms 1-3 days later.

### **How is it treated?**

Shigella is usually diagnosed by checking a stool sample. Your doctor may prescribe medication; make sure you use all the medication, even if you feel better. It is important to continue drinking liquids like clear juices, broth, jello, tea, or pop. If you are a food-handler or if you work or attend a day care center, you should not work or attend until symptoms are gone. Additional stool samples may need to be submitted to ensure the bacteria is gone (it can last up to 4 weeks).

### **How can we prevent Shigella?**

- Practice good hygiene
- After using the toilet and before preparing food, **wash your hands.**

### **SYMPTOMS OF SHIGELLA**

- Diarrhea (may contain blood and mucus)
- Fever
- Nausea
- Abdominal cramps



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