



Shigellosis

What is Shigellosis?

Shigellosis is an infection caused by *shigella* bacteria. *Shigella* spread easily; only a small number of bacteria can make someone ill. People can get shigellosis after putting something in their mouth or swallowing something that has come into contact with the stool (poop) of someone with shigellosis. People with shigellosis usually start experiencing symptoms 1 to 2 days after contact with the germ.

What is the burden of Shigellosis each year in the United States?

- 450,000 illnesses

What are common symptoms of Shigellosis?

- Diarrhea that can be bloody or prolonged (lasting >3 days)
- Fever
- Stomach pain
- Feeling the need to pass stool (poop) even when the bowels are empty

How can I prevent Shigellosis?

- Wash your hands with soap and water:
 - Before preparing or eating food
 - After going to the bathroom, changing a diaper, cleaning up after someone who went to the bathroom
- Immediately clean up any leaks or spills from diapers and diaper changes.
- Avoid swallowing water from ponds, lakes, or swimming pools.
- Follow safe food and water practices and wash hands when travelling internationally.
- If you or your partner have been diagnosed with shigellosis, do not have sex until 2 weeks after the diarrhea has stopped.

How do people get infected?

People can get Shigellosis after putting something in their mouth or swallowing something that has come into contact with the stool (poop) of someone with Shigellosis.