



What is shigellosis?

- Shigellosis is a bowel infection caused by the bacteria *Shigella*.
- It is a disease of humans. Animals do not carry the disease.

How does a person get shigellosis?

- The bacteria can be spread from an infected person to another person if hands are not washed thoroughly.
- A person can become infected by eating food or drinking water that has been contaminated.
- Flies may transfer the bacteria to food.

What are the signs and symptoms?

- Symptoms usually occur 1 to 3 days after a person has become infected.
- Symptoms may include diarrhea with fever, nausea, vomiting and cramps.
- Diarrhea may contain blood, mucus or pus.
- Symptoms usually last 4 to 7 days.
- The bacteria usually clears within 4 weeks.
- Serious complications are rare.

How is shigellosis treated?

- Your doctor will determine if treatment is necessary.
- Drink plenty of fluids to replace water lost through diarrhea.

How is shigellosis prevented?

- Always wash hands thoroughly:
 - after using the toilet
 - after diapering a child
 - before preparing or handling food
 - before eating.
- Put all soiled diapers in a plastic bag to prevent contact with flies.
- Cover and refrigerate food.
- Do not attend daycare, school, or place of work if symptoms are present.
- A person employed in food services or health care may be restricted from work until stool samples are free of the bacteria.

For more information contact your doctor
or Population and Public Health at **306-655-4612**
