



Understanding Shigellosis

Protect your family and your community

What is shigellosis?

Shigellosis is an intestinal or stomach illness caused by infection with *Shigella* bacteria. It can easily spread from one person to another and only takes a small amount of bacteria for someone to get sick.

Who can get sick?

- Anyone can get shigellosis but children under five years are most likely to get an infection.
- Many outbreaks are related to playgroups, childcare, and school.
- *Shigella* can spread from young children to their family members and others in their community.

How does it spread?

- Eating or drinking contaminated food or water.
- Contact with someone who is sick or has recently been sick.



Signs and symptoms

Symptoms start 1-2 days after infection and last 7 or more days and may include:



Diarrhea which may be bloody



Stomach pain



Fever

Prevention at home



Wash hands with soap and water before preparing food, eating, or performing ceremonial hand washing and after using the bathroom or changing diapers.



Supervise handwashing of toddlers and small children after they use the bathroom and after diaper changes.



Keep children home from playgroups, childcare, and school while sick or until your health department says it's safe to return.



Throw out used diapers properly and clean diaper changing areas after using them.



Don't share food with anyone if you or a family member is sick.



Don't prepare food if you are sick or before washing your hands.



Don't take your child swimming or to group water play venues for one week after their diarrhea has gone away.

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