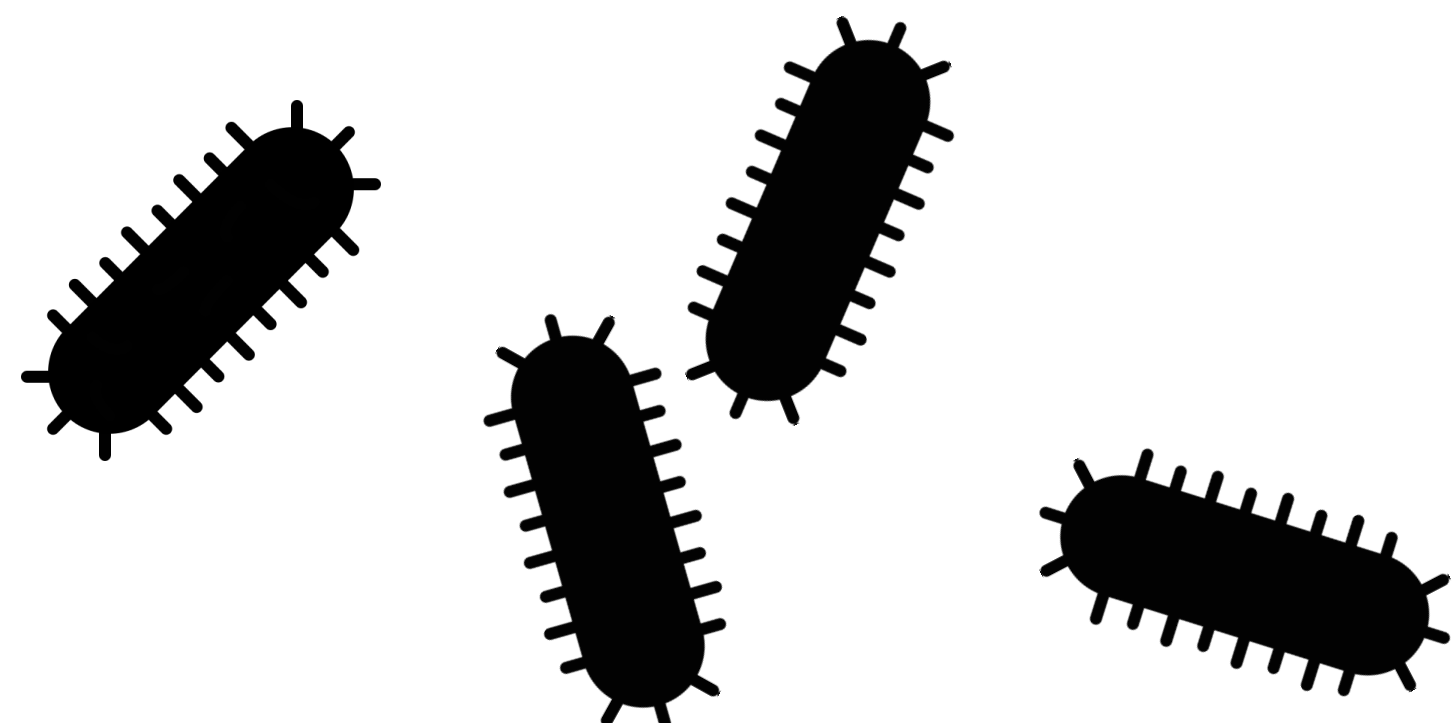


Shigellosis (Shigella)

Fact Sheet



Shigellosis is an illness caused by bacteria called *Shigella*. There are several different kinds of *Shigella* bacteria.



The bacteria are found in the stool of infected people when they are sick and for 1-2 weeks after recovering.

Common Signs and Symptoms



Diarrhea

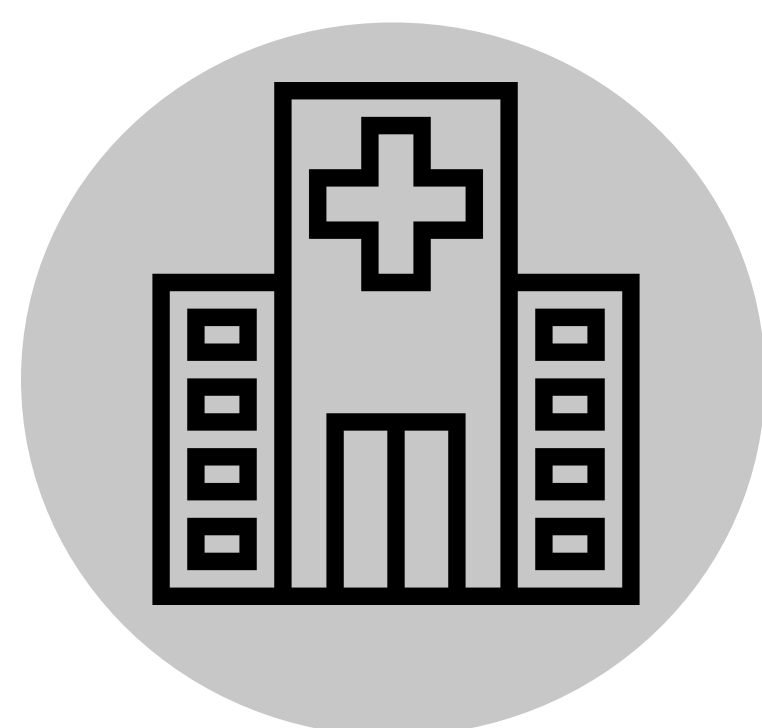


Fever



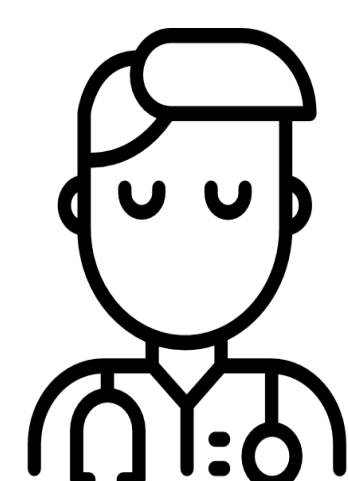
Stomach Cramps

Most people will get bloody or watery diarrhea, fever, and stomach cramps a day or two after they swallow the bacteria. Symptoms usually stop five to seven days later.



Persons who are more likely to need to be in a hospital:

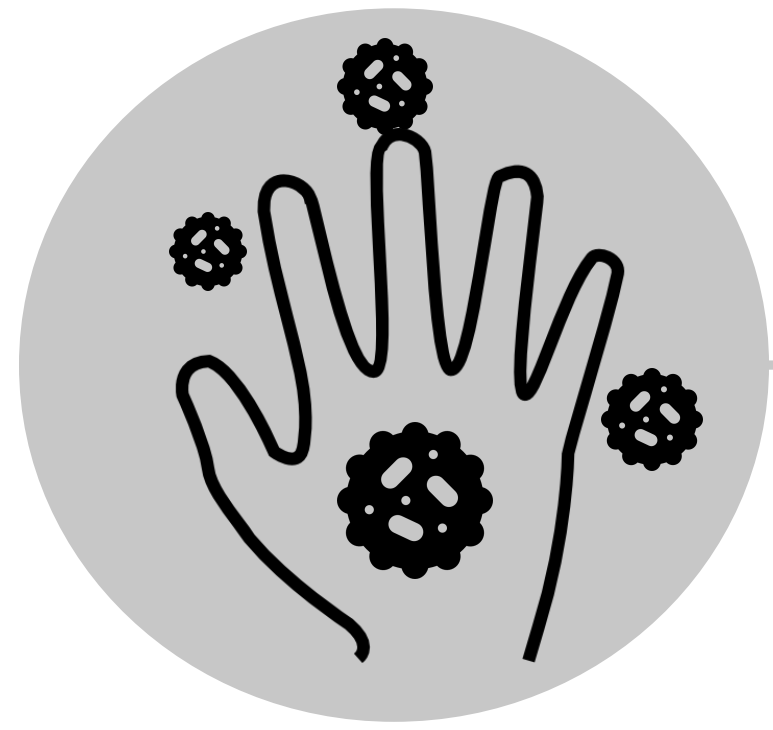
- Young children
- The elderly
- Others with severe symptoms



Talk to your healthcare provider if you think you have shigellosis. Your healthcare provider may ask for a stool sample to send to a laboratory. People with mild infections usually recover quickly without treatment. Antibiotics are sometimes used to treat severe cases. Medicine taken to stop diarrhea can make the illness worse.

Spread of Shigellosis

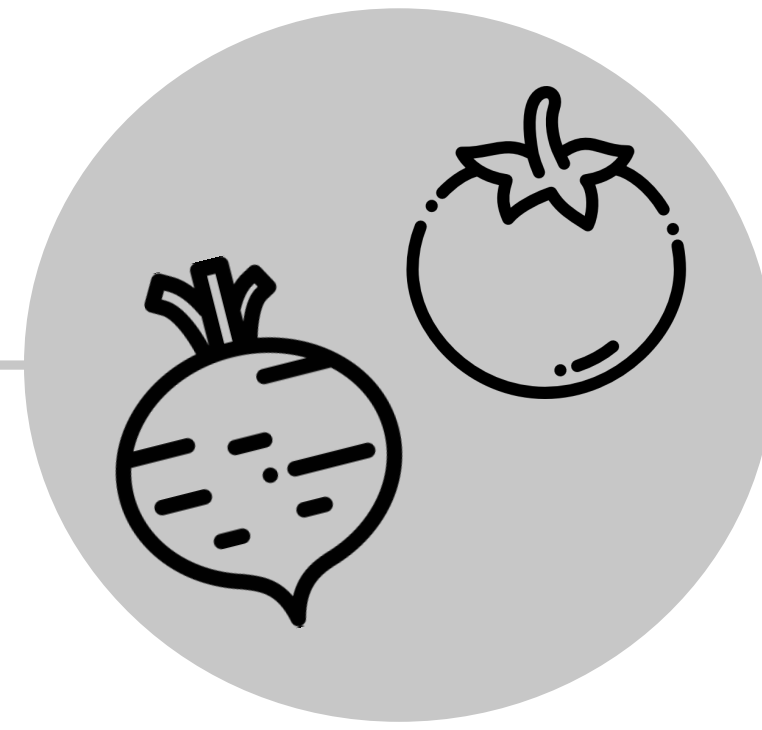
People can get sick with shigellosis from:



Food, surfaces, and items touched by someone with shigellosis who didn't wash their hands well



Water if sewage runs into the water or if someone with shigellosis swims in it



Vegetables harvested from a field with sewage in it



Sexual exposure with someone who is or was recently sick from shigellosis

Prevent Shigellosis



Clean diaper changing areas with a disinfectant after use and properly dispose of soiled diapers



Avoid having sex or use a barrier if your partner has or recently recovered from a diarrheal illness



When traveling internationally, do not use ice or drink tap water. Avoid eating uncooked foods in countries where water may not be safe



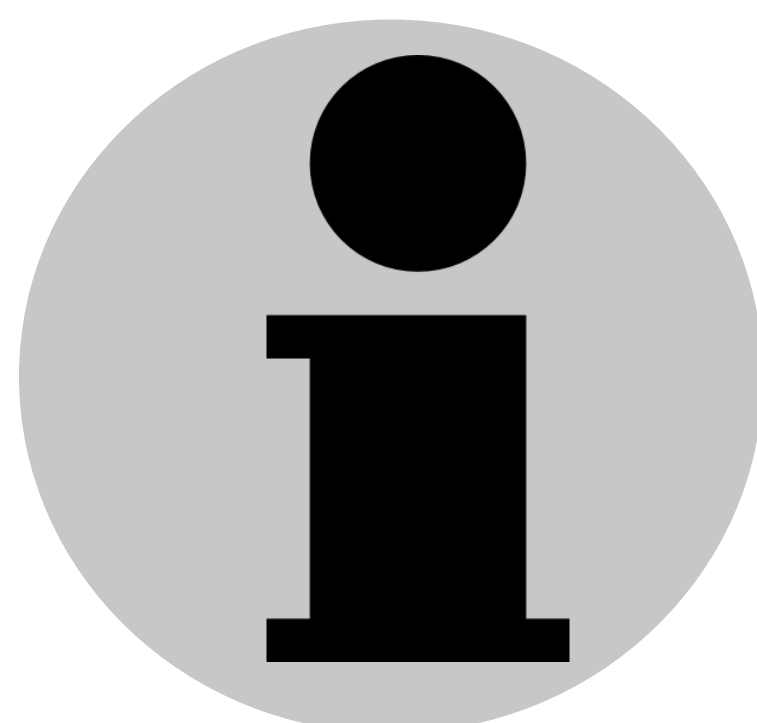
Avoid swallowing water while swimming. Do not swim if you have diarrhea



Always Wash Your Hands With Soap And Water:

- Before eating and before and after preparing food
- After using the toilet or changing diapers
- Help toddlers and small children wash their hands after they use the toilet
- After sexual contact if your partner is or was recently sick

For More Information, Visit:



1. www.maine.gov/dhhs/shigella
2. www.cdc.gov/shigella

You can also call Maine CDC at 1-800-821-5821.