Shigella

What is Shigella?
- Shigella is a bacterial disease that affects the stomach and intestines.
- Shigella is more common in summer than winter.
- Shigella is common and spreads in settings where hygiene is poor and can sometimes sweep through entire communities.

How does Shigella spread?
- Person-to-person: Passed from one infected person to the next.
- Most Shigella infections are the result of passing infected stools on soiled fingers of one person to the mouth of another person.
- Shigella is present in the diarrheal stools of infected persons while they are sick and for up to two weeks afterwards.

What are the symptoms?
- You may get diarrhea (often bloody), fever, and stomach cramps starting a day or two after being exposed to the bacteria.
- Shigella infections should resolve in 5 to 7 days.
- In U.S., rarely do people with Shigella require hospitalization.
- Children less than 2 years of age with Shigella may get a high fever with seizures.

How do I stop the spread?
- Wash hands with soap carefully and frequently, especially after going to the bathroom, after changing diapers, and before preparing foods or beverages.
- Dispose of soiled diapers properly.
- Disinfect diaper-changing areas after using them.
- Keep children with diarrhea out of childcare settings.
- Supervise handwashing of toddlers and small children after they use the toilet.
- Do not prepare food for others while ill with diarrhea for at least 2 days.
- Avoid swallowing water from ponds, lakes, or untreated pools.

Where can I find more information?
- Go to cdc.gov and type Shigella in SEARCH box.