

# 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](http://cdc.gov) and type Shigella in SEARCH box.



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800-338-8374 [www.alabamapublichealth.gov/infectiousdiseases](http://www.alabamapublichealth.gov/infectiousdiseases) 11/01/2017