



Mecklenburg County Health Department

Shigella-Shigellosis

Shigellosis is an infectious disease caused by a group of bacteria called *Shigella* (shih-GEHL-uh). Most who are infected with *Shigella* develop diarrhea, fever, and stomach cramps starting a day or two after they are exposed to the bacteria. Shigellosis usually resolves in 5 to 7 days. Some people who are infected may have no symptoms at all but may still pass the *Shigella* bacteria to others. The spread of *Shigella* can be stopped by frequent and careful handwashing with soap and taking other hygiene measures.

People usually get sick from *Shigella* bacteria after putting something in their mouth or swallowing something that has had contact with the stool (poop) of someone else who is sick from *Shigella* bacteria. There is no vaccine to prevent shigellosis. However, you can reduce your chance of getting shigellosis by:

- Carefully washing your hands with soap and water during key times:
 - Before eating or preparing food for others
 - After changing a diaper or helping to clean another person who went to the bathroom
- If you care for a child in diapers who has shigellosis, promptly throw away soiled diapers in a covered, lined garbage can. Wash your hands and the child's hands carefully with soap and water immediately after changing the diapers. Clean up any leaks or spills of diaper contents immediately.
- Avoid swallowing water from ponds, lakes, or untreated swimming pools.
- When traveling internationally, follow safe food and water guidelines and wash hands often with soap and water.
- Washing hands often, especially
 - Before preparing food or eating
 - After using the bathroom or changing diapers
- NOT preparing food if you are sick
- NOT sharing food with anyone if you or your family members are sick
- NOT swimming
- Staying home from school or from healthcare, food service, or childcare jobs while sick or until your health department says it's safe to return

For more information regarding guidance and prevention visit the following link

<https://www.cdc.gov/shigella/prevention-control.html>

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