

Fast Facts

Shigella

- Usually spread through stool
- Many people contract it after accidentally swallowing the bacteria, which most often occurs if you touch your mouth after touching something that is contaminated
- Can also happen if you eat food that was contaminated either during growing (ex. if the field contains sewage) or handling (ex. the person is sick and didn't wash their hands well)
- Water can be contaminated as well by sewage or if a person with an infection swims in it
 - It's highly contagious, so it can be challenging to prevent the spread
- Symptoms usually start a day or two after exposure but can take up to a week to appear
 - Symptoms last for about five to seven days but can last longer
 - It can take weeks or months before bowel habits return to normal
- Some individuals don't have any symptoms but are still contagious for a few weeks

<i>Symptoms</i>	<i>Treatment</i>	<i>Prevention</i>
-Nausea -Vomiting -Stomach pain/cramps -Fever -Diarrhea (often containing blood or mucus)	<i>Replace Fluid and Electrolytes:</i> -Drink water/suck on ice chips -Drink sports drinks -Oral rehydration solutions (children) -IV fluids (at hospital for severe cases) -Avoid anti-diarrheal medication -Take bismuth subsalicylate -Antibiotics (only if infants, older adults, those with compromised immune systems, or those with high risk of spreading the disease)	-Wash hands frequently and thoroughly with soap and water for at least 20 seconds -Teach children proper handwashing techniques -After changing a child's diaper, throw it away promptly and disinfect the diaper-changing area -If your child has diarrhea, keep them home from childcare, play groups, or school -If you have diarrhea, don't prepare food for others (if you must, be sure to wash your hands as much as possible and wear gloves) -Avoid sexual activity with anyone who has diarrhea or who recently recovered from diarrhea -Avoid swallowing water from ponds, lakes, or untreated pools -If you have diarrhea, don't go swimming until you have fully recovered

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