

DO YOU HAVE DIARRRHEA?

It might be caused by a bacteria called *Shigella*.



Protect Yourself and Your Community

Shigella spreads **VERY EASILY** from one person to another. If you have diarrhea, **FOLLOW** these simple steps:



WASH YOUR HANDS, especially after going to the bathroom.



WAIT to have sex until your diarrhea is completely gone. Use barriers (like condoms or dental dams) during sex.



DO NOT prepare food for others while you are sick.



AVOID swimming until you have fully recovered.

Symptoms can include **diarrhea**, **fever**, and **cramping**. Even after you are feeling better, you can still spread *Shigella* in your stool (poop) for several weeks.

HOW PEOPLE GET SICK

Shigella spreads when a person gets poop from a sick person into their mouth. Even microscopic amounts of poop could make someone sick.



Hands

Getting *Shigella* bacteria on your hands then touching your food or mouth.



Food

Eating food that was prepared by someone who is sick (or recently sick) with *Shigella*.



Water

Swallowing water while swimming or drinking water contaminated with poop that has *Shigella* bacteria.



Sex

Contact with germs from poop during sexual contact with someone sick or recently sick with *Shigella*.

If you think you might have *Shigella*, talk to your doctor.