

Prevention and Control Measures: Shigella

Transmission:

- Shigella, a bacterial disease that affects the stomach and intestines, is more common in the summer than in the winter.
- Shigella is common and spreads in settings where hygiene is poor and is spread from person to person. Most infections spread when infected stool on soiled fingers is transferred to the mouth of another person but it can also be spread during recreational water use.
- Shigella is present in the diarrheal stools of infected persons while they are sick and for up to two weeks afterwards.

Symptoms:

- Diarrhea (often bloody), fever, and stomach cramps starting a day or two after being exposed.
- Shigella infections should resolve in 5 to 7 days and rarely do those infected need hospitalization.
- Children less than 2 years old may get a high fever with seizures.



Prevention and Control Measures:

- Practice proper [hand washing hygiene](#), especially after going to the bathroom, changing diapers, and before preparing food or beverages.
- Disinfect diaper changing areas after use and properly dispose of soiled diapers.
- Stay home from healthcare, food service, or childcare jobs while sick.
- Keep children out of childcare settings and 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.
- Do not have sex for two weeks after diarrhea has resolved.
- Do not go swimming.
- Avoid swallowing water from ponds, lakes, or untreated pools.

For More Information: Visit [cdc.gov](https://www.cdc.gov) and type [Shigella](#) in the SEARCH box.



Alabama Department of Public Health
Infectious Diseases & Outbreaks Division, 201 Monroe St, Montgomery, AL 36104
alabamapublichealth.gov/infectiousdiseases