



Shigella Infection in Schools

What is *Shigella*?

Shigella is a very contagious bacteria that can make people sick. The illness caused by *Shigella* is called shigellosis.

How does *Shigella* spread?

It takes just a small number of *Shigella* germs to make someone sick. You can get *Shigella* from:

- Getting *Shigella* germs on your hands and then touching your food or mouth
- Eating food that was prepared by someone who is sick with *Shigella*
- Swallowing recreational water that is contaminated with *Shigella* germs

What are the symptoms?

Most people infected with *Shigella* feel sick between 12 to 96 hours after infection. Symptoms include:

- Diarrhea (sometimes bloody)
- Stomach pain
- Headache
- Fever
- Feeling the need to pass stool, even when the bowels are empty

Some people infected with *Shigella* will not have any symptoms.

How serious is *Shigella* infection?

People of all ages can get the disease. Most people will recover without treatment. Young children and people with weakened immune systems are more likely to have severe illness.

How is *Shigella* infection treated?

Most people infected with *Shigella* will recover without treatment in 5 to 7 days. Some people may experience symptoms anywhere from a few days to 4 or more weeks. People may be contagious for a while even after their symptoms have stopped. Drink plenty of liquids to prevent dehydration. If your illness progresses, please consult your healthcare provider.

Can *Shigella* infection be prevented?

- Students and staff should not go to school while ill.
- Wash your hands with soap and water, especially:
 - After using the restroom
 - Before eating or preparing food for others.
 - After changing a diaper or helping to clean another person who went to the bathroom.
- When you are sick, do not prepare food or care for others who are sick.
- Do **NOT** share food if you are sick.
- Clean and disinfect high contact surfaces (i.e.: door knobs, desks, counters, etc.).

SOURCES: <https://www.cdc.gov/shigella/>

