

# SHIGELLA

NMHealth

Shigella is a bacterial infection that is spread when infected fecal matter enters or comes into contact with the body. This most commonly occurs via eating or drinking contaminated food, or having sex with someone who is symptomatic.

## How Does Shigella Spread?

- Not washing hands after using the restroom or changing diapers
- Having sex while symptomatic
- Preparing food for others while infected
- Drinking, cooking, or bathing with dirty water



## Symptoms of Shigella

If you have shigella, rest and drink plenty of water. Seek medical care at an urgent care or emergency room if symptoms persist and/or become worse after 3-4 days, including severe dehydration, stomach cramps, fever, or bloody/watery diarrhea.

- Diarrhea
- Stomach pain
- Fever
- Nausea and/or vomiting



## Ways to Prevent Contracting and Spreading

- Wash hands frequently (with soap and water, scrubbing for 20 seconds, rinse, and dry)
- Use hand sanitizer or wipes if there is no access to soap/water
- Avoid sex or preparing food for others while symptomatic
- Avoid drinking, cooking, or bathing with water from rivers, ponds, puddles, or ditches

For Health Assistance: 1-833-796-8773 NMHealth Helpline

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