

Outbreak of Shigellosis In Siksika

There is currently an outbreak of Shigellosis illness. Shigellosis is caused by a bacteria called Shigella. Shigellosis **spreads very easily from person-to-person** because it only takes a very small number of Shigella bacteria to make a person sick. In fact, it is **the most contagious bacterial diarrhea known**. Anybody can get shigellosis.

FIGHT GERMS BY WASHING YOUR HANDS!

1 Wet your hands

2 Soap

3 Lather and scrub - 20 sec

4 Rinse - 10 sec

5 Turn off tap

6 Dry your hands

DONT FORGET TO WASH:

- between your fingers
- under your nails
- the tops of your hands