

How Is Shigellosis Spread?

Shigella bacteria are found in feces (diarrhea) of infected individuals and it is most commonly spread from person-to-person.

How Sick does it make you?

Most people with shigellosis will get better on their own. However, the illness can be very severe and can cause complications and even death. Children, the elderly, and people with chronic conditions are at higher risk of severe illness!

***Shigellosis* Symptoms**

You may experience mild or severe diarrhea (which can be watery, bloody, or contain mucus).

- ❖ Fever
- ❖ Nausea and Stomach cramp

On average, the illness lasts up to 7 days, but it can last up to a month. **It is very important to understand that some people infected with Shigella may have any symptoms but they can still pass the illness to other without knowing it.** Shigella bacteria can be present in the feces for as long as month in someone with no symptoms.

What to do if Your sick?

1. If you or your child have diarrhea, contact the Siksika Health Center @ 403-734-5690 or 403-734-5691.
2. Stay home from work or school, preferably until at least 48 hours after you diarrhea has stopped. This is especially important if you work in an occupation such as food service, child care, elder care or health care because you may infect those high at risk of severe illness.
3. Wash your hands properly and often. Hand Washing with soap and running water, especially after using the toilet, is the single most important way to stop the spread of Shigella.
4. If you sick, do not prepare food for others.
5. Cleaning the bathroom after each use, using a bleach solution. The solution is 9 parts water and 1 part bleach. Very Important to do to stop the spread of the bacteria.

For more information please contact Kristin Robertson @ 403-734-5616 or 403-325-0569. If it is after business hours, contact Health Link @1-866-408-5465.