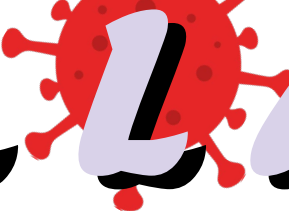


# SHIGELLA

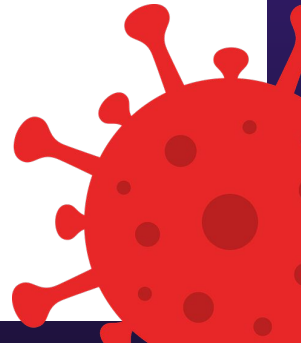


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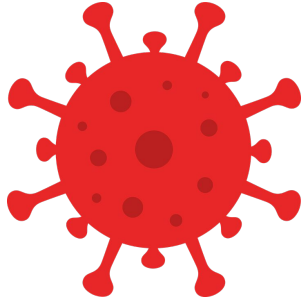
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# WHAT IS SHIGELLA?

- A bacteria that is an intestinal pathogen of humans and other primates, some kinds of which cause dysentery (infection of the intestines resulting in severe diarrhea with the presence of blood and mucus in the feces).





# SOURCE OF SHIGELLA SPP.



- **TOUCHING OBJECTS**

- you can get Shigella just by touching *surfaces* that are contaminated with germs from a sick person, such as toys, changing tables, and doorknobs.

- **EATING**

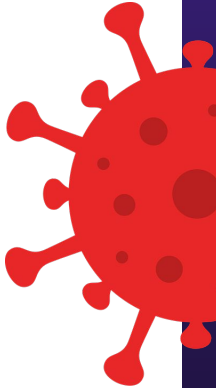
- eating food that was prepared by someone who has shigellosis. If their hands weren't clean your food can be contaminated or it can also be when your food and vegetables may be growing on a field that's contaminated with *human feces*.

- **SWALLOWING RECREATIONAL WATER**

- for example; lake or river water while swimming or *drinking water* that is contaminated with stool(poop) containing the germ.

- **EXPOSURE TO STOOL DURING SEXUAL INTERCOURSE**

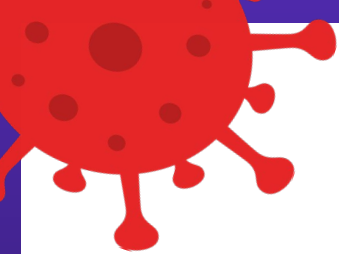
- having exposure to stool during *sexual contact* with someone who is sick or has recently(several weeks) recovered from shigellosis.



# FOOD LINKED WITH SHIGELLA SPP.

- Salads (potato, tuna, shrimp, macaroni, and chicken)
- Raw vegetables
- Milk and dairy products
- Poultry





# PREVENTING SHIGELLA SPP.



- **WASH HANDS FREQUENTLY AND THOROUGHLY**

- practice proper hand washing and wash hands before handling food, eating, & after using the restroom.



- **AVOID SWALLOWING WATER FROM PONDS, LAKES, OR UNTREATED POOL**

- The water could be contaminated with feces and you could get the disease, so avoid it at all costs.

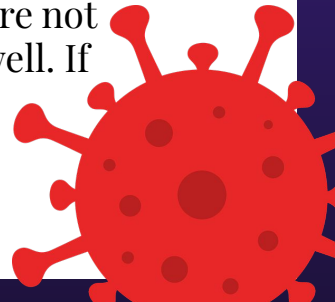
- **DISINFECT DIAPER CHANGING AREAS AFTER USE**

- since shigella is common among young children it's often spread by human feces, so before and after using diaper changing areas you should clean it thoroughly to avoid spreading it or getting your baby sick.



- **DON'T PREPARE OR SHARE FOOD WITH OTHERS**

- People infected with shigella could have the bacteria in their feces even if they are not having symptoms. If other people ingest this bacteria, they can become sick as well. If you think you have shigella, do not prepare or share food with others.



# RESOURCES/CITES

<https://www.cdc.gov/shigella/infection-sources.html>

<https://www.mayoclinic.org/diseases-conditions/shigella/symptoms-causes/syc-20377529>

[https://ohioline.osu.edu/factsheet/HYG-5563#:~:text=Salads%20\(potato%2C%20tuna%2C%20shrimp,contamination%20in%20these%20food%20products.](https://ohioline.osu.edu/factsheet/HYG-5563#:~:text=Salads%20(potato%2C%20tuna%2C%20shrimp,contamination%20in%20these%20food%20products.)

<https://www.webmd.com/food-recipes/food-poisoning/what-is-shigella#1>

<https://www.urmc.rochester.edu/encyclopedia/content.aspx?contenttypeid=1&contentid=1220>