FoodSafety.gov

Shigella

Sources	Contact with an infected person or consumption of contaminated food or water. *Shigella* foodborne outbreaks are most often associated with contamination by a sick food handler.
Incubation period	1 to 7 days (usually 1 to 2 days)
Symptoms	Sudden stomach cramping, fever, diarrhea that may be bloody or contains mucus, nausea, and feeling the need to pass stool even when the bowels are empty.
Duration of illness	5 to 7 days
Who's at risk?	Children, especially toddlers aged 2-4, though anyone can be infected with Shigella.
What to do	Drink plenty of fluids and get rest. Stay home from school or work to avoid spreading the bacteria to others. If you cannot drink enough fluids to prevent dehydration or have bloody diarrhea, call your doctor.
Prevention	• Wash hands with soap carefully and frequently, especially after going to the bathroom, after changing diapers, and before preparing foods or beverages. • Stay home from healthcare, food service, or childcare jobs while sick or until your health department says it's safe to return. • Keep children with diarrhea out of child care settings and school while they are ill. • Dispose of soiled diapers properly. • Disinfect diaper changing areas after using them. • Supervise handwashing of toddlers and small children after they use the toilet. • Do not prepare food for others while ill with diarrhea • Avoid swallowing water from ponds, lakes, or untreated pools. • Avoid having sex (vaginal, anal, or oral) for one week after you no longer have diarrhea.

	• When traveling in developing countries, drink only treated or boiled water, and eat only cooked hot foods or fruits you peel yourself.

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