

Over 18,000 cases of Shigella are reported in the United States each year.

Although some of these cases occur in childcare settings, they also occur in settings where food is prepared and served.



For more information

Please visit the following websites:

Department of State Health Services
<http://www.dshs.state.tx.us>

Centers for Disease Control and Prevention
<http://www.cdc.gov>

U.S. Food and Drug Administration
<http://vm.cfsan.fda.gov/~mow/chap19.html>

Denton County Health Department
<http://dentoncounty.com/heart>

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SHIGELLA



Important Information Especially For Those Who Prepare Food

What is Shigella?

Shigella (also known as Shigellosis) is an illness that is caused by a group of bacteria called *Shigella*.

Who can get it?

Anyone can get Shigella, but children and those who work in day care facilities, and food handlers are the most at risk.



Symptoms

Without antibiotics, these symptoms usually last for four to seven days.



- Diarrhea (can be bloody)
- Fever
- Nausea
- Vomiting
- Stomach Cramps

How is it spread?

People can get Shigella from contaminated food or water. Food usually gets contaminated because food handlers do not wash their hands after using the restroom.

What can I do?



- Wash your hands after using the restroom
- Wash your hands before preparing and serving food
- Keep flies away from food
- If you have diarrhea, be extra careful when handling food!