How to Avoid Shigellosis

• Play safely, follow safe sex guidelines.
• Wash anus and surrounding areas before, after, and between sex play.
• Use condoms or other barriers like latex gloves or dental dams.
• Use condoms with sex toys and wash with soap and water before, after, and between sex play.
• Avoid sex and other activities that may expose you to feces with individuals who have diarrhea.
• Wash your hands with lots of soap and warm water often.

Symptoms of Shigellosis

• Stomach cramps
• Fever
• Diarrhea (often bloody)
• Some people have no symptoms but can spread the disease to others

If you think you might have shigellosis:

• See your doctor.
• Tell your partners.
• Wash your hands often.
• Don’t have sex until 7 days after symptoms end.
• Don’t go to work if you work in child care, food service (e.g. restaurants), or health care.

If you have further questions about shigellosis contact your health care provider or Public Health at 206-296-4774

June 02, 2011