Protect yourself and community from shigella

5 February 2024

# What is shigella

Shigella is an infection caused by the shigella bug that can be found in poo. You may have shigella if you have:

* runny tummy
* fever
* nausea
* stomach ache
* vomiting

# Protecting yourself from shigella

Help protect yourself by washing your hands:

* after using the toilet
* after changing nappies
* before cooking
* before eating.

# If you are sick with shigella

Don’t go to work until your runny tummy has gone. Wait at least two days, especially if you work with food or vulnerable people including:

* children
* older adults
* sick people.

Don’t go swimming until you have had no runny tummy for two full weeks.

# Getting better from shigella

Most people will get better on their own within a week. Drink lots of water to stay hydrated. Don’t take anti-diarrhoea medicines as they can make you sick for longer.

Your doctor may prescribe you antibiotics. Always take them exactly as your doctor tells you.

Have a yarn to your local health professional today if you are feeling stomach aches or diarrhoea.

For more information visit health.gov.au/diseases/shigellosis