



# Protect yourself and community from Shigella

## 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](https://health.gov.au/diseases/shigellosis)