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# SHIGELLA

*Shigella spreads VERY EASILY from one person to another. Infection can occur when tiny particles of infected stool enter another person's mouth. Symptoms can include diarrhea, fever, and cramping.*

## Prevention & Control Guidelines

The best way to prevent Shigella is frequent handwashing with soap and water. Scrub between your fingers, under your nails, and the top of your hands.

### WHEN HANDS SHOULD BE WASHED

#### Before, during, and after preparing food.

- Before eating food.
- Before and after caring for someone who is sick.
- After using the toilet.
- After blowing your nose, coughing, or sneezing.
- After touching garbage.

#### Baby and Pet Waste

- After changing diapers or assisting a child with toilet use.
- After touching an animal, animal feed, or animal waste.
- After handling pet food or pet treats.

**!** *Animals cannot get infected with Shigella bacteria or transmit it to humans. However, you should still wash your hands after touching an animal as they can carry other harmful germs.* Source: Centers for Disease Control and Prevention

### HOW TO SAFELY CLEAN UP FECES

**!** *Remove visible feces from bathroom as soon as possible to prevent further contamination.*

- 1 Use personal protective equipment (gloves/masks/gowns).
- 2 Block-off area immediately.
- 3 Clean up visible debris using disposable absorbent material (i.e. paper towels) and minimize aerosols.
- 4 Discard soiled items carefully in a plastic bag.
- 5 Thoroughly clean affected area.
- 6 Disinfect area and objects surrounding the contamination with disinfectant.
- 7 Take off gloves, gown and mask (in that order) and discard before exiting contaminated clean-up area.
- 8 Place discarded protective equipment in a plastic bag.
- 9 Re-glove and transport bag to a trash container; do not allow the bag to touch any clothing.
- 10 Always wash your hands after handling any contaminated material, trash or waste.



### PROPER DISINFECTANT HANDLING TIPS

- ✓ Use chemicals in well-ventilated areas.
- ✓ DO NOT mix bleach with any cleaner containing ammonia.
- ✓ Add bleach to the water (DO NOT add water to bleach).
- ✓ Prevent chemical contact with food during cleaning.
- ✓ Handle contaminated material as little as possible.
- ✓ Manage waste safely and dispose in a trash container.
- ✓ Wash hands after cleaning or disinfecting.

[cdc.gov/hygiene](https://www.cdc.gov/hygiene)

