

**Upset stomach?
It may be more serious.**

Columbus is having an outbreak of Shigella, a germ that causes a diarrhea illness that can lead to dehydration and hospitalization.

It spreads easily and is most common among 2 - 4 year olds who are not fully toilet-trained, their family members, child care providers, and playmates.



Shigella

Know it. Stop it. Prevent it.

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What You Need to Know About Shigella

Shigella spreads through the stool (poop) of an infected person. It most often spreads when someone does not wash his/her hands well after using the restroom, changing a diaper, or helping a child with toileting.

What You Can Do To Stop It

- Wash hands often, especially after going to the bathroom or changing diapers, before eating, and before making food or drinks.
- Help children wash hands after using the toilet.
- Throw away dirty diapers in a closed lid can.
- Disinfect diaper changing areas after each use.
- Keep children with diarrhea out of child care.
- Food service, health care, and child care workers with diarrhea should stay home from work.
- Do not prepare food for others while ill.
- If you or your child has symptoms, see a medical provider for testing and diagnosis.

What To Look For

- Diarrhea
- Fever
- Stomach Cramps
- Nausea or Vomiting

Learn More

www.publichealth.columbus.gov

614-645-1474, option 2

10/2012



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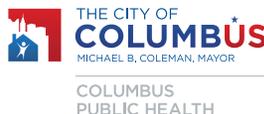
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