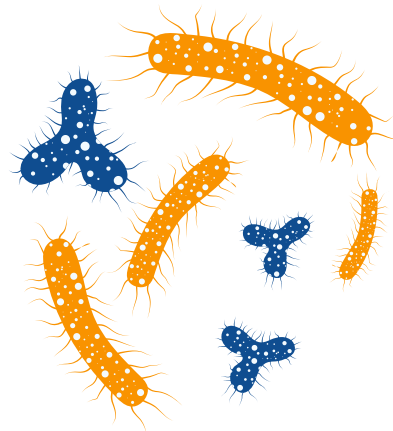


# DO YOU HAVE DIARRHEA?

It could be caused by a bacteria called *Shigella*.

**Shigella spreads VERY EASILY from one person to another.**



## Protect yourself and your community. If you have diarrhea:

- **WASH** your hands after using the bathroom and before eating food. If soap and water are not available, use hand sanitizer.
- **DO NOT** prepare food for others while you are sick.
- **WAIT** to have sex for 2 weeks after diarrhea ends. Use condoms and other barriers to limit spread to others.
- **If you use drugs:**
  - Wash your hands before and after using drugs.
  - Use clean equipment and don't share equipment.
  - Exchange used needles for clean ones.

## Symptoms can include:

- Diarrhea
- Fever
- Cramping

*Even after you are feeling better, you can still spread Shigella in your stool (poop) for several **weeks**.*

## How people get sick

Shigella can spread through small amounts of poop that you can't see. It is most likely to spread from the sick person to sex partners, people they live with, or people using shared needles and equipment.



### Hands

Getting Shigella bacteria on your hands then touching your food or mouth.



### Water

Drinking water contaminated with poop that has Shigella bacteria.



### Food

Eating food that was prepared by someone who is sick (or recently sick) with Shigella.



### Sex

Contact with germs from poop during sexual contact with someone sick or recently sick with Shigella.

## Public Restrooms

ADA accessible restrooms are now available for public use.

### 15th and Arch Sts

Mon-Fri, 8am-10pm; Sat & Sun, 8am-11pm

### Fotterall Square (1120 W Cumberland St)

Mon-Fri, 10am-9pm; Sat & Sun, 10am-10pm

### Love Lot (2913-15 Kensington Ave)

Mon-Fri, 8am-4pm

**See a doctor if you have bloody or lasting diarrhea, bad stomach pain, or if you are experiencing dehydration.**

**For more information visit, [cdc.gov/shigella](https://www.cdc.gov/shigella).**