



PUBLIC HEALTH WARNING

Shigellosis

Shigellosis is a diarrheal disease caused by the bacteria *Shigella*. Since April 2011, Public Health has investigated six cases of shigellosis in men who have sex with men. Several of these men reported visiting a bathhouse during the time when they might have been infected.

You can get shigellosis when feces (shit) comes in contact with your mouth. This can happen during oral/anal sex play, for example when you use your fingers, hands, or sex toys for anal play and then touch your mouth. Even if you can't see it, the feces that get into your mouth can make you sick.

Symptoms of Shigellosis

- Stomach cramps
- Fever
- Diarrhea (often bloody)
- Some people have no symptoms but can spread the disease to others

How to Avoid Shigellosis

- Play safely, follow safe sex guidelines.
- Wash anus and surrounding areas before, after, and between sex play.
- Use condoms or other barriers like latex gloves or dental dams.
- Use condoms with sex toys and wash with soap and water before, after, and between sex play.
- Avoid sex and other activities that may expose you to feces with individuals who have diarrhea.
- Wash your hands with lots of soap and warm water often.

If you think you might have shigellosis:

- See your doctor.
- Tell your partners.
- Wash your hands often.
- **Don't have sex until 7 days after symptoms end.**
- **Don't go to work if you work in child care, food service (e.g. restaurants), or health care.**

If you have further questions about shigellosis contact your health care provider or Public Health at 206-296-4774