DO YOU HAVE DIARRHEA?
It might be caused by a bacteria called Shigella.

Shigella spreads VERY EASILY from one person to another.
Symptoms can include diarrhea, fever, and cramping.

How to Avoid Getting It and Spreading it:

Wash your hands, especially after going to the bathroom

Don't bathe or swim in rivers, streams, or lakes that may be contaminated

Don't prepare food for others while ill with diarrhea

Avoid having sex (anal, vaginal, and oral) for at least one week after you recover

If you think you might have Shigella, contact your primary care doctor or call 831-454-4242.

santacruzhealth.org/shigella
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