

- Before and after sex session/s wash your hands, wash around the genital area and anus or better still have a shower if possible.
- If travelling internationally, follow food and water precautions and wash hands with soap frequently.
- **BASIC HYGIENE: WASH YOUR HANDS AFTER USING THE TOILET.**

How is Shigella diagnosed?

Shigella is usually diagnosed by sending a stool (faeces) sample to the laboratory for testing. If you suspect you have shigella, you should attend a doctor (GP) who can organise this test.

Shigella and HIV

People living with HIV can have a more severe and prolonged infection with shigella, including having the infection spread into the blood, which can be life-threatening.

What should I do?

- 1 If you have diarrhoea, stomach cramps or fever, avoid sex with another person, till you get the all clear.
- 2 Do not share towels; avoid using health spa, Jacuzzis, hot tub or swimming pool.
- 3 Seek medical advice if your symptoms are; severe, last for more than 24 hours, or if there is blood in the faeces. Mention Shigella to the doctor.
- 4 If you work in the food industry, health-care or childcare settings, stay out of work while you have symptoms and seek medical care.

Diarrhoea caused by shigella usually goes away between five to seven days without antibiotic treatment. People with mild infection will generally get better with fluids and rest.

However antibiotics are useful for severe cases of shigellosis. Even in mild cases they may reduce the risk of spread of Shigella to someone else.

See further information on man2man.ie/shigella

Free STI tests
are available at:



GMHS STI Clinic (www.gmhs.ie)

Baggot St. Hospital, Dublin 4. Walk-in clinics every Tues & Wed - Doors open 5:00pm to 6:30pm.
Tel: 01 669 9553 SMS: 087 941 0934

GUIDE Clinic (www.guideclinic.ie)

St. James's Hospital, Dublin 8. Walk-in clinics on Mondays, Tuesdays & Thursdays. Check website for times or telephone 01 416 2315.

Sexual Health Clinic (www.mater.ie)

Mater Hospital, North Circular Road, Dublin 7
Mon, Tues, Wed 2:00pm to 5:00 pm appointment only. Tel: 01 803 2063

Find nearest STI/GUM clinic at www.man2man.ie

www.Man2Man.ie

Information on STIs & HIV in Arabic, English, French, Irish, Mandarin, Portuguese, Polish, Spanish, Russian.

Sexual Health Information and Support

Gay Switchboard Ireland 01 872 1055 (seven days a week)
Email: ask@ghn.ie



***Shigella infection
causes gastroenteritis
and can be sexually
transmitted***

Shigella is a bacterium that can be found in the faeces of a person with shigellosis while they have diarrhoea and for up to a few weeks after the diarrhoea has gone away.

During sex, shigella can be transmitted by the bacteria getting into the mouth. A small amount of the bacteria can cause infection. Infection with shigella can be treated with specific antibiotics.



Shigella Symptoms

Shigella is a gut infection which causes severe, prolonged diarrhoea and stomach cramps. Among gay and bisexual men, shigella is usually passed on during sex, only a tiny amount of bacteria is needed to spread the infection.

Symptoms often develop around one to three days after sexual contact, and can include:

- frequent and explosive diarrhoea lasting more than 48 hours.
- stomach cramps.
- feeling feverish with flu like symptoms.
- some people report vomiting.
- some people may have blood mixed with the diarrhoea.



How is Shigella passed on?

Shigella can be easily passed on during sex, either directly or via unwashed hands.

You can get shigella by:

- Fisting or fingering and then inserting your own or your sex partners fingers into the mouth.
- Sharing sex toys into the mouth.
- Unprotected oral sex. Rimming.
- Licking on or around the groin area or rectum or ass.

You can also get shigella by:

- Eating food prepared by someone infected with shigella.
- Swallowing or drinking water that was contaminated by faecal matter.



How to prevent Shigella

Shigella transmission may be prevented by avoiding oral contact with faeces during sex as well as washing hands and showering before and after sex.

- Use condoms for anal and oral sex (change condoms between partners).
- Use latex gloves or condoms for fingering or fisting (change gloves between partners).
- Do not share dildos or other sex toys (clean thoroughly between partners).
- Do not share douching equipment: wash around the nozzle with warm soapy water. Some saunas/sex venues might have replacement or disposable nozzles.

