



GOOD SESSION?  
BAD CASE OF DIARRHOEA?  
MAYBE IT'S...

# SHIGELLA

It's caught from tiny amounts of poo getting into your mouth during sex

Shigella causes severe diarrhoea (sometimes bloody), stomach cramps and fever, and is often mistaken for food poisoning.

**GAY & BISEXUAL MEN ARE AT RISK**

**To avoid getting Shigella:**

- ▶ Wash your hands during and after sex (arse and dick too if you can).
- ▶ Use protection for fingering, fisting and rimming.

Get medical advice if you think you have it, mentioning Shigella, for treatment.

**FOR MORE INFORMATION:**

Call the National Sexual Health Helpline on **0300 123 7123**  
or visit [sexwise.org.uk/shigella](http://sexwise.org.uk/shigella)



Office for Health  
Improvement  
& Disparities

Produced by Terrence Higgins Trust for the Office for Health Improvement & Disparities

