



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

# SHIGELLA

It's caught from tiny amounts of faeces (poo) getting into your mouth during and after sex

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

**GAY & BISEXUAL MEN ARE AT RISK**

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

FOR MORE INFORMATION:  
visit [www.nhs.uk/shigella](http://www.nhs.uk/shigella)

Know how to avoid getting Shigella:

- ▶ you can get shigella by rimming or giving oral sex after anal sex
- ▶ change condoms between anal and oral sex
- ▶ wash your hands after sex – buttocks and penis too if you can



Public Health  
England

PHE gateway number: 2015728

Produced by Williams Lea on behalf of Public Health England with the support of Terrence Higgins Trust and LGBT Foundation

**LGBT**  
foundation

Terrence  
HIGGINS  
TRUST

