

Shigella Infection Among Gay, Bisexual, and Other Men Who Have Sex with Men

Accessible Link www.cdc.gov/shigella/msm.html

Note: Content contains mature language

Gay and bisexual men are a group at high risk for Shigella infection.

Shigella Can Spread Easily and Rapidly During Sexual Activity

Shigella passes from the poop (stool) or unclean fingers of one person to the mouth of another person. This can happen during sexual activity through:

- **Direct sexual contact:** Oral or anal sex, or anal play (rimming, fingering)
- **Indirect sexual contact:** Handling contaminated objects, such as sex toys, used condoms or barriers, and douching materials

Symptoms usually start 1–2 days after swallowing the germs and include **bloody diarrhea**, **fever**, and **stomach pain**. Talk with your doctor about Shigella if you have any of these symptoms and feel very sick.

Multidrug-resistant Shigella infections have been on the rise in the U.S. since 2013.

These types of infections are difficult to treat because germs develop the ability to defeat the drugs designed to kill them. That means Shigella germs are not killed and continue to grow.



Protect Yourself and Your Partner



Wash hands, genitals, and anus before and after sex.



Do not have sex if you have diarrhea.



Use condoms or dental dams during anal sex and oral sex.

Diagnosed with Shigella infection? Prevent spreading it to others:

- Wash your hands often, especially before eating or preparing food and after using the bathroom.
- Do NOT have sex until at least 2 weeks after your diarrhea ends.
- Do NOT prepare food for others while you are sick.
- Do NOT swim.
- If you work in healthcare, food service, or childcare, stay home until your health department says it's safe to return.

If you have a Shigella infection, drink plenty of fluids to prevent dehydration. Do not take anti-diarrheal medicine, as it can make symptoms worse. If your doctor prescribes antibiotics, take them exactly as directed and finish taking all the pills even if you feel better.



www.cdc.gov/shigella