

READING THIS MAY SAVE YOUR ASS

Shigella is on the rise in San Francisco. Those that like to have sex that includes ass play can be at higher risk.

Shigella is a bacteria transmitted by contact with feces (shit).

Symptoms include: diarrhea, fever, stomach cramps, nausea and vomiting. Symptoms usually occur 1-3 days after becoming infected but can range from 12 - 96 hours.

Shigella and gay men

Sexual activities that expose you to even small amount of feces, can put you at risk for shigella. That includes rimming (oral/anal sex), putting your mouth/tongue on or in an infected guy's ass

- Anal toys, fisting and other activities that that has your mouth, hand(s), fingers or penis come into contact with feces and then coming in contact with your mouth
- Condoms alone may not protect you.

Shigella spreads very easily and you may not be able to see the feces.



San Francisco Department of Public Health
Barbara A Garcia, MPA Director of Health
Tomás J. Aragón, MD, DrPH Health Officer

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Saving your ass continued...

Protecting yourself from Shigella:

Wash your hands frequently with soap and water, especially after using the bathroom or having - sex. Wash your hands before eating, drinking, or smoking. If you do not have soap and water, use an alcohol-based hand sanitizer with at least 60% alcohol. Wash your toys in between use and avoid sharing of dildos and other internal toys.

When should I seek medical advice? Contact your health care provider if you experience any of the following: severe diarrhea or loose stools, abdominal pain/cramps, or a fever.

What is the treatment for Shigella infection?

Most Shigella infections get better after several days without any medical treatment. If you have diarrhea, drink lots of fluids. If your doctor does a stool test and finds that you have Shigella, you will probably be treated with antibiotics to help you get better faster, and to make you less likely to spread the infection to other people.

For more information about shigella visit Communicable Disease Control and Prevention at <http://sfcdcp.org/shigella.html> or call 311.



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