

WHAT NEXT?

There are many different germs that may cause dysentery. For more information your GP or Communicable Disease Control Nurse will be able to give you advice specific to your case.

Further stool specimens may occasionally be required.

You should not work until at least 48 hours after symptoms have ceased. Children under 5 years should not attend school/nursery/childcare centre until 72 hours after symptoms have ceased. However, certain types of dysentery may require clearance samples prior to return to work/school/nursery or childcare premises.

Help Yourself

and Others

ALWAYS

remember to

wash your

hands

You **CAN** make

a difference

For further information contact:

Your family doctor, health visitor

Or

Food and Health Service

Leeds City Council

Telephone: (0113) 2476286



Leeds Health Protection Team

**Advice about
DYSENTERY**

Produced by Leeds Health Protection Team

Leeds HPA Laboratory, Bridle Path, York Road, Leeds LS15 7TR

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DYSENTERY—What is it?

Dysentery is an infection which may cause:

- Severe diarrhoea
- Stomach pains
- Vomiting
- Fever

There may be blood in your motions.

HOW DO I GET IT?

Dysentery is caused by a germ entering the body through the mouth on unwashed hands, contaminated food or drink.

The infection can also be spread through contact with door handles, taps and objects handled by someone who has dysentery.

CAN I CATCH DYSENTERY FROM SOMEONE ELSE?

It is possible to catch the infection from someone else who has dysentery. For example, a child with dysentery can pass the infection on through dirty nappies. It is very important to dispose of nappies safely (wrap securely in a plastic bag before putting in domestic bin), and ***wash hands of yourself and child thoroughly after changing nappies.***

CAN I CATCH DYSENTERY ANY OTHER WAY?

Eating unwashed fruit or vegetables could cause infection. Exposure to sewage could also cause infection.

Dysentery is not thought to be spread through contact with animals.

CAN I GIVE THE INFECTION TO SOMEONE ELSE?

YES

If you have the infection, washing your hands regularly and thoroughly, especially after going to the toilet and before preparing food, will prevent others becoming ill.



IS THERE ANY TREATMENT?

Most people will get better without any treatment. Be aware that diarrhoea and vomiting can cause severe dehydration. It is important to drink plenty of fluids at this time. If you would like to discuss the illness with someone please talk to your doctor, or phone Environment Health on 0113 247 6286.

REMEMBER!

- Small children should have their hands washed for them, and each person should have their own towel.
- Ensure your toilet area is kept clean. Keep some rubber gloves and household disinfectant or bleach to be used ***only*** for this purpose. Several times a day wipe the toilet door handle, flush handle and toilet seat with disinfectant or diluted bleach. Use a toilet brush and disinfectant or diluted bleach for cleaning the toilet bowl after use. Flush the toilet holding the brush in the fresh water to clean it, then place the brush in its holder.

If using household bleach dilute it with water (equal parts).