

Cleaning and Disinfection Guidelines

Shigella? What's that?

- Shigella are bacteria (germs) that cause an intestinal infection called shigellosis.
- Typical symptoms may last 5-7 days.
- Shigella is highly contagious.
- Shigella germs are in poop, so anything that gets contaminated by poop (food, hands, surfaces) can spread the germs.

Shigellosis Symptoms:

- watery or bloody diarrhea
- stomach pain
- fever

How to prevent the spread of Shigella?

1 Wash your hands frequently



Remember to wash your hands in the following instances:

- after using the restroom
- before and after eating or drinking
- after cleaning high-touch areas
- before and after handling or preparing meals
- after touching dirty or soiled clothing

2 Perform regular and effective cleaning

Selecting and using cleaning agents:

- Make sure you are using a cleaning agent that is [approved by the Environmental Protection Agency \(EPA\)](#) to kill norovirus OR
 - 3/4 cup of concentrated bleach in 1 gallon of water OR
 - 1 cup of regular bleach (5.25%) in 1 gallon of water
- Wait for the appropriate amount of time after applying the cleaning agent so it works properly!



3/4 cup of
concentrated
bleach

+



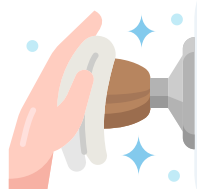
1 gallon
of water



3 Clean high-touch surfaces more often

Clean what's often touched

- Think of light switches, door knobs and anything else you use your hands for.
- This is especially important when there's an outbreak or people around you have symptoms.



Stop the spread of Shigella by following these

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How to clean up diarrhea, poop, or vomit

You will need the following supplies:



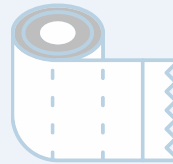
gloves



masks



gowns



paper towels



plastic trash bag

Step-by-step instructions:

- 1** If possible, block-off the area immediately.
- 2** Use personal protective equipment (PPE), such as gloves, masks, and gowns to protect yourself and your clothes from contamination.
- 3** Clean up visible debris using disposable absorbent material (paper towels or other disposable cloths) and minimize aerosols.
- 4** Discard soiled items carefully in a sealed plastic bag.
- 5** Liberally clean and disinfect the area and objects surrounding the contamination with an appropriate disinfectant.
- 6** Take off gloves, gown, and mask, in that order, and discard before exiting contaminated clean-up area.
- 7** Place discarded PPE in a sealed plastic bag.
- 8** Re-glove and transport bag to a secure trash container; do not allow the bag to touch your clothing.
- 9** Always wash your hands after handling any contaminated material, trash, or waste.