



Food safety advice

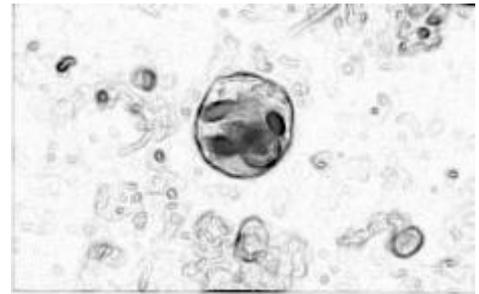
Dysentery

The Germ

A number of different organisms can cause dysentery including amoeba and *Shigella* species of bacteria.

The Illness

The symptoms are inflammation of the intestine, diarrhoea that can be severe, and contain blood, mucus and pus.



Diagnosis

Diagnosis is through detection of cysts in a patients stool specimen.

Spread of the illness

The illness is associated with eating foods that are either uncooked or have been handled after cooking and where hygiene is poor. It can also originate from waterborne sources and is often a source of illness in travellers abroad in regions where hygiene practices are poor.

Treatment

Drug treatments are available through prescription, therefore you should see your GP if you have not already done so.

Prevention

Avoid consumption of potentially contaminated foods such as unpeeled fruit, only drink treated water in areas abroad where you may be at risk (boiled water is better than purifying tablets). Avoid untreated ice in drinks. Good standards of personal hygiene should be practiced in the home. Separate towels, sponges and flannels should be used by anyone with symptoms. Only return to work or school 48 hours after symptoms have ended, good hygiene practices should be maintained as infected persons can continue to be carriers after they have recovered.