

What kind of infection is it?

Plesiomonas shigelloides is a bacterial infection that causes an infection of the intestines.

How do people get infected?

- *Plesiomonas shigelloides* can be found in the intestines of people sick with *Plesiomonas* and in some animals.
- Most infections are thought to come from drinking or swimming in contaminated water or eating raw shellfish. *Plesiomonas* infection has also been associated with travel to tropical regions and exposure to reptiles or tropical fish.

What are the usual symptoms?

- Illness usually starts 24-48 hours after exposure.
- Diarrhea, stomach pain or cramps, fever, and chills.
- Diarrhea may have mucuous or blood.

How long does it last?

- Typically 1-3 days without treatment.

How is it treated?

- Prevent dehydration by drinking fluids. Warning signs of dehydration include dry mouth, decreased urination, or dizziness.
- Most people will get better without antibiotics.
- For more severe illness or for people with weakened immune systems, your doctor may prescribe an antibiotic.

Are there possible complications?

- Occasionally, diarrhea can be severe or prolonged.
- Very rarely, *Plesiomonas* can cause a blood stream or other type of infection. This usually occurs in people with severely weakened immune systems.

Comments:

- Wash hands carefully after using the bathroom, changing diapers, and before and after cooking.
- To prevent *Plesiomonas*, avoid drinking untreated water or uncooked shellfish.
- Avoid swimming pools or water parks until fully recovered.
- People with diarrhea should not prepare food.