



Did you eat that boy for lunch?

Could be shigella on your tongue

Shigella is a gut infection that can cause bloody diarrhoea, fever, and stomach pain. It can be acquired when tiny amounts of faeces get in your mouth during and after sex.

There have been sexually acquired cases of drug-resistant shigella in Aotearoa recently, mostly among gay, bi and other men who have sex with men.

Shigella can spread through any type of sex that involves the ass, including rimming, giving oral after anal, fingering, fisting, and when handling condoms and sex toys after use.

If you have symptoms of shigella talk to your GP or sexual health service to arrange a test, and always tell past sexual partners if you have tested positive for anything.

Be conscious of hygiene during sex:

- Clean your genitals and ass before and after sex
- Wash your hands after fingering someone, handling sex toys, and removing condoms
- Clean your genitals if you're moving from anal to oral sex
- Avoid sharing sex toys without washing them thoroughly
- Avoid ass play if you have had diarrhoea in the past two weeks