



## SHIGELLOSIS

### WHAT IS SHIGELLOSIS?

SHIGELLOSIS IS A BACTERIAL INFECTION OF THE INTESTINES.

### WHO GETS SHIGELLOSIS?

ANYONE CAN GET SHIGELLOSIS BUT IT IS SEEN MORE OFTEN IN YOUNG CHILDREN. THOSE WHO MAY BE AT A GREATER RISK OF BECOMING ILL INCLUDE CHILDREN IN DAYCARE CENTERS, FOREIGN TRAVELERS TO CERTAIN COUNTRIES, AND PEOPLE IN HOSPITALS.

### HOW IS THE **Shigella** GERM SPREAD?

**Shigella** GERMS ARE FOUND IN THE INTESTINAL TRACT OF INFECTED PEOPLE, AND ARE SPREAD THROUGH FECAL/ORAL CONTACT WHEN EATING OR DRINKING FOOD OR WATER INFECTED BY THAT PERSON'S STOOL (FECES). IT CAN ALSO BE SPREAD BY DIRECT CONTACT WITH AN INFECTED PERSON.

### WHAT ARE THE SYMPTOMS?

PEOPLE INFECTED WITH THE **Shigella** GERM MAY HAVE MILD OR SEVERE DIARRHEA, FEVER AND TRACES OF BLOOD OR MUCOUS IN THE STOOL. SOME INFECTED PEOPLE MAY NOT HAVE ANY SYMPTOMS.

### HOW SOON DO SYMPTOMS APPEAR?

THE SYMPTOMS USUALLY APPEAR ONE TO SEVEN DAYS AFTER INFECTION.

### WHEN AND FOR HOW LONG IS A PERSON ABLE TO SPREAD SHIGELLOSIS?

MOST PEOPLE PASS **Shigella** IN THEIR FECES (STOOL) FOR ONE TO TWO WEEKS.

### SHOULD INFECTED PEOPLE BE ISOLATED OR EXCLUDED FROM SCHOOL OR WORK?

PEOPLE WITH DIARRHEA OR THOSE WHO ARE UNABLE TO CONTROL THEIR BOWEL HABITS SHOULD BE ISOLATED. MOST INFECTED PEOPLE MAY RETURN TO WORK OR SCHOOL WHEN THEY NO LONGER HAVE DIARRHEA, BUT STILL NEED TO CAREFULLY WASH THEIR HANDS AFTER TOILET VISITS. FOOD HANDLERS, CHILDREN IN DAYCARE AND HEALTH CARE WORKERS MUST GET THE APPROVAL OF THE LOCAL OR STATE HEALTH DEPARTMENT BEFORE RETURNING TO THEIR ACTIVITIES.

### HOW IS SHIGELLOSIS TREATED?

MOST PEOPLE WITH SHIGELLOSIS WILL GET BETTER WITHOUT SPECIFIC TREATMENT. SOME MAY NEED FLUIDS TO STOP DEHYDRATION. MEDICATIONS ARE SOMETIMES USED TO TREAT SEVERE CASES OR TO STOP A PERSON FROM BEING ABLE TO SPREAD THE BACTERIA.

### WHAT CAN BE DONE TO PREVENT THE SPREAD OF SHIGELLOSIS?

SINCE GERMS ARE PASSED IN FECES, THE SINGLE MOST IMPORTANT PREVENTION ACTIVITY IS CAREFUL HAND WASHING AFTER USING THE TOILET.