

Shigellosis – Fact Sheet

What is it?

Shigellosis is an infection of the intestine caused by the bacteria *Shigella*. It causes diarrhea which may be bloody, and can cause severe dehydration, particularly among very young children or elderly persons. *Shigella* is very easily spread and with very few organisms.

What are the symptoms?

Watch for these symptoms: diarrhea (with or without blood or mucus), fever, nausea, vomiting and abdominal cramps. Shigellosis most often shows symptoms in children under age five, but can occur at any age. Some people have no symptoms. If these symptoms appear, go to a healthcare provider.

What can I do?

- Wash hands with soap and warm water carefully and frequently, especially after going to the bathroom, after changing diapers, and before preparing foods or beverages.
- Dispose of soiled diapers in a closed lid container or bag them.
- Children who have diarrhea should not attend school, child care or use area pools until their parent/guardian consults with a medical provider.
- Disinfect diaper changing areas after each use with disinfectant wipes, disinfectant spray, or diluted chlorine bleach.
- Supervise hand-washing of toddlers and small children after they use the toilet, especially in child care centers and homes with children who have not been fully toilet trained.
- Do not prepare food for others while ill with diarrhea. Wait until 48 hours after diarrhea has stopped before preparing food.
- Keep kitchen work surfaces clean by wiping them down with a disinfectant such as diluted household bleach made fresh daily with $\frac{1}{4}$ cup bleach in 1 gallon water or 1 tablespoon bleach in 1 quart water, disinfectant spray or anti-bactericidal wipes.
- Individuals who have diarrhea should not go swimming in pools or water parks and should wait 48 hours after it has stopped.

Recommendations for Childcare

Child care attendees and staff with Shigellosis must be excluded from attendance or work at child care centers until their diarrhea has ceased and until two consecutive follow-up stool specimens are negative for *Shigella* per OAC Chapter 3701-3.

CPH strongly recommends that child care centers eliminate the use of equipment and activities that involve the use of water such as kiddie pools that may act as a reservoir and vehicle for spreading enteric organisms like *Shigella*.

For more information:

[Communicable Disease Reporting System – Fact Sheets](#)

[Centers for Disease Control and Prevention](#)