



Is there treatment for Shigella?

- * Treatment for Shigellosis usually consists of rest and drinking plenty of fluids to prevent dehydration.
- * Antibiotics may or may not be prescribed by a doctor depending on the severity of the illness. Antibiotic treatment can shorten the course of illness and decrease the length of time the bacteria is shed in the stool.

How can Shigella be prevented?

- * Always wash hands carefully before preparing, eating or handling any food.
- * Teach children to wash their hands with soap and warm water **every time** after using the toilet.
- * Persons changing or handling stool-soiled diapers and cleaning bathrooms should wash hands with soap and water before preparing or handling food.
- * Persons with diarrhea should not prepare food or drinks for others.



Source: Centers for Disease Control and Prevention (CDC) and Oklahoma State Department of Health (OSDH)

Local Resources

For information on Shigella visit our website at:

<http://www.tulsa-health.org/community-health/epidemiology/>

or write:

Tulsa Health Department
Planning & Epidemiology
5051 S. 129th E. Ave.
Tulsa, OK 74134

Other Contact Information:

Phone: 918/595-4505

Fax: 918/595-4588

E-mail: epidemiology@tulsa-health.org

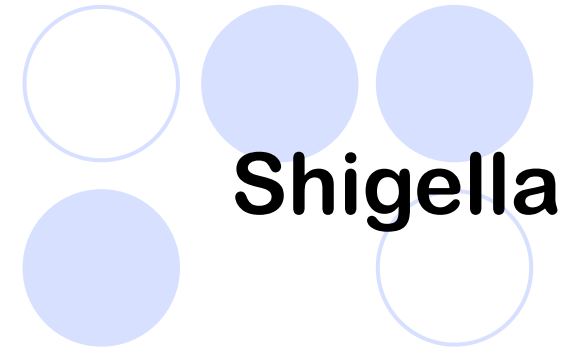
For more information on Shigella, visit::

- Oklahoma State Department of Health
(405) 271-4060
www.health.state.ok.us/program/cdd/infec.html
- Centers for Disease Control and Prevention
(888) 443-7232
www.cdc.gov



**TULSA HEALTH
DEPARTMENT**

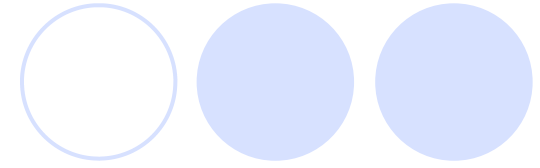
Prepared by Planning & Epidemiology



Shigellosis is the term for an intestinal (diarrhea-causing) illness caused by the *Shigella* bacteria. Two-thirds of cases that are reported to the Oklahoma State Department of Health occur among children under the age of 10, although anyone can be infected. There are approximately 14,000 laboratory confirmed cases of shigellosis and an estimated 448,240 total cases (mostly due to *S. sonnei*) that occur in the United States each year.



Shigella



What is Shigella?

Shigella is an infection of the gut caused by bacteria called *Shigella*. It is a common disease in Oklahoma. The majority of people become ill in the summer and early fall.

Who is at risk for Shigella?

Anyone can get Shigella. Younger children, especially those in day care centers, are more frequently infected.



What are symptoms of Shigella?

- * Mild to severe diarrhea which can be watery or bloody with mucous
- * Fever
- * Stomach cramps
- * Vomiting
- * Nausea

How soon do symptoms appear?

- * Diarrhea may appear 1 to 7 days after the exposure, but usually within 2–3 days.
 - * Some persons who are infected may have no symptoms at all, but are still able to pass the *Shigella* bacteria to others.
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How is Shigella spread?

- * *Shigella* is found in the feces (stool) of an infected person.
- * It can be spread by oral contact with stool-contaminated toys and other objects.
- * It is spread by close contact with an infected person, eating contaminated food, or drinking contaminated water.
- * Flies can breed in infected feces and then contaminate food.
- * Swimming in water that is contaminated can also lead to infection.
- * Vegetables can become contaminated if they are harvested from a field with sewage.



How can Shigella be diagnosed?

A laboratory test (stool culture) can identify the bacteria.

How long is a person able to spread Shigella?

Most people have Shigella in their feces (stool) for 1 to 4 weeks.

What can be done once a person is diagnosed with Shigella?

- * *Shigella* is found in the feces (stool); therefore, people with diarrhea should not go to school or work.
- * People who handle food, work in childcare centers, or are healthcare workers should be treated, and have no *Shigella* in their stools (two negative stool cultures) before they return to work .
- * If several children in a day care center have Shigella and are being treated, they might be allowed to return to the day care center earlier if they can be separated from the well children.