



## Disease of the Month: 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.

### What are the 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.



### 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.

### Who is more likely to get it?

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

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### Special Points of Interest DID YOU KNOW?

There are approximately 14,000 laboratory confirmed cases of shigellosis and an estimated 448,240 total cases that occur in the United States each year.

## TIPS: Preventing Shigella

Antibiotics may or may not be prescribed by a doctor depending on the severity of the illness. More often, treatment usually consists of rest and drinking plenty of fluids to prevent dehydration. Since Shigella is a common disease the following are tips to preventing it:



- \* 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.
- If an individual is diagnosed with Shigella here are some tips on what you can do:
- \* *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.

## CURRENT NEWS

The Tulsa Health Department will be offering its annual walk-thru and drive-thru flu clinics to the public.

There will be two clinics running simultaneously on

**Saturday**

**November 3rd, 2007**

**10:00 a.m.—3:00 p.m.**

The walk-thru clinic will be located at:

Tulsa Community College West

7505 W. 41st St.

Tulsa, OK 74107

The drive-thru clinic will be located at:

ORU Mabee Center

7777 S. Lewis

Tulsa, OK 74171

For further seasonal flu information contact the Tulsa Health Department's flu information hotline at (918) 595-4500 or visit the website at [www.tulsa-health.org](http://www.tulsa-health.org).

The Tulsa Health Department collects Emergency Room chief complaint data to monitor the emergence of illnesses, such as influenza, in our community. For additional information on THD's county-wide surveillance system please [click here](#)

## REPORTED CASES OF SELECTED DISEASES

Disease	Tulsa County		Oklahoma	
	Cases Reported Year-to-Date 2007	Cases Reported Year-to-Date 2006	Cases Reported Year-to-Date 2007	Cases Reported Year-to-Date 2006
<i>Campylobacter</i>	34	35	370	321
<i>E. coli</i> O157:H7	1	6	13	33
<i>Giardia</i>	13	19	99	125
Hepatitis A	4	3	11	9
Hepatitis B	n/a	20	n/a	101
Hepatitis C	n/a	178	n/a	980
Rabies (Animal)	1	2	69	56
Salmonella	51	59	432	485
Shigella	41	10	95	159

Discrepancies between state and county numbers may result from cases being reported directly to the county. Also, Tulsa County totals for Hepatitis B includes perinatal cases.

## Surveillance Report

THD throughout the year utilizes numerous types of surveillance systems to monitor the health of the residents of Tulsa County. Some of these surveillance systems are seasonal while others are year round. The following are the different systems with a brief description: [School Absenteeism Surveillance \(SASS\)](#)

Weekly surveillance system that collects absenteeism reports from local schools during the designated influenza season, October through March. The purpose of this system is to identify absenteeism trends among school-aged children. Likely interventions after aberrations have been detected include recommendations for school closure, release of information to the public and outbreak investigations by THD's outbreak investigation team.

[Business Absenteeism Surveillance \(BASS\)](#)

This system is still in trial phase. Its purpose is to use absenteeism data collected from large local businesses to establish a baseline of absenteeism, in order to determine when public health interventions are needed. This type of system will likely be activated during times when heightened surveillance is indicated.

[Reportable Disease Surveillance](#)

Ongoing collection and investigation of state-mandated reportable diseases in relation to Oklahoma Disease Reporting laws.

[Tulsa Area Syndromic Surveillance System \(TASSS\)](#)

Collection and analysis of emergency room chief complaints. Its primary purpose is to serve as an early detection system for aberrations in local community health patterns.

[Seasonal Surveillance](#)

Special surveillance performed at the request of local stakeholders. For example, heat related surveillance has been conducted at the request of EMSA to detect illness patterns during hot summer months.

[Influenza Surveillance](#)

Surveillance conducted by Oklahoma State Department of Health during the influenza season. Weekly reports are produced by OSDH and can be accessed at

<http://www.health.state.ok.us/> .