

SHIGELLOSIS

WHAT IS SHIGELLOSIS?

Shigellosis is an acute infection caused by a group of bacteria called *Shigella*.

WHAT ARE THE SYMPTOMS?

- Fever
- Diarrhea (often bloody)
- Stomach cramps
- Nausea

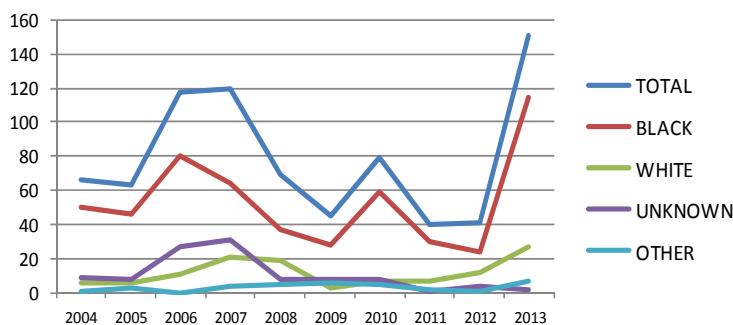
HOW IS IT SPREAD?

- Having contact with an infected person or their stool
- Participating in certain types of sexual activity
- Swimming in or drinking water contaminated by an infected person or by sewage runoff
- Eating food contaminated by an infected food handler who does not properly wash their hands
- Eating produce harvested from a field that contains sewage
- Eating food contaminated by flies that breed in infected feces

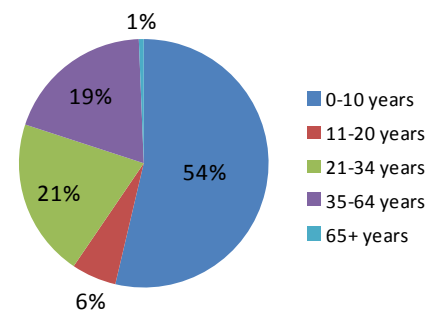
HOW CAN I PREVENT INFECTION?

- Wash hands with soap and water before eating or preparing food and after using the bathroom or changing a diaper.
- Properly dispose of diapers in a closed-lid garbage can.
- Use a disinfectant to clean changing stations after changing diapers.
- Supervise young children's handwashing after they use the toilet.
- Do not allow an infected person to work in daycare settings, patient care, or food-handling.
- Do not provide water-play areas at daycare centers.
- Provide an adequate number of bathrooms and wash stations, especially at beaches and pools. Make sure that soap is available.
- Avoid swallowing water when you are in untreated waters such as ponds, lakes, and wading pools.
- When traveling abroad, drink only treated or boiled water and eat only hot, cooked food or fruit you have peeled yourself.

Number of Shigellosis Cases by Race, DeKalb County, 2004-2013



Percentage of Shigellosis Cases by Age, DeKalb County, 2004-2013



Sources: Chin J, editor. *Control of Communicable Diseases Manual*. 17th ed. Washington: American Public Health Association; 2000.
<http://www.cdc.gov/nczved/divisions/dfbmd/diseases/shigellosis/>.

HOW CAN I GET MORE INFORMATION?

Call the DeKalb County Board of Health at (404) 508-7851 or visit our website at www.dekalbhealth.net.

