

# Shigellosis



## Clinical Description:

Shigellosis is an infectious disease caused by bacteria from the genus *Shigella*. Symptoms can include diarrhea, blood, pus, or mucus in the stool, sudden stomach cramps, nausea, vomiting, and fever. Illness typically lasts 4 - 7 days and cases should be treated with appropriate antimicrobial therapy to reduce shedding. Antibiotic resistance is common, so antibiotic sensitivities are strongly recommended.

## Incubation Period:

Symptoms usually begin 24 - 72 hours, range of 12 hours - 5 days, after exposure.

## Mode of Transmission:

*Shigella* is transmitted by the fecal-oral route.

## Period of Communicability:

A person can spread *Shigella* while symptomatic and continue to shed *Shigella* in their stool for several weeks after symptoms resolve if not treated with appropriate antibiotics. Some people may have no symptoms and can still spread the infection to others.

## Exclusion/Reporting:

Persons diagnosed with *Shigella* or symptomatic persons linked by person, place, or time to a confirmed case are excluded from attending school until:

- Asymptomatic for at least 24 hours
- Disease prevention education is provided by the local health department
- Antimicrobial therapy is completed for at least 48 hours with antimicrobial susceptibility testing, or
- 48 hours after completion of antimicrobial therapy, two stool samples collected more than 24 hours apart test negative.

For more information, please see the ISDH Communicable Disease Reporting Rule (410 IAC 1-2.3-97) at: [http://www.in.gov/isdh/files/comm\\_dis\\_rule\(1\).pdf](http://www.in.gov/isdh/files/comm_dis_rule(1).pdf).

## Prevention/Care:

Encourage frequent hand washing, particularly after using the restroom, assisting someone with diarrhea and/or vomiting, after swimming, and before and after food preparation. Please refer to the ISDH Handwashing Campaign at <http://www.in.gov/isdh/24036.htm>. Enforce exclusion of ill students and staff members.

## Outbreaks:

According to the ISDH Communicable Disease Reporting Rule (410 IAC 1-2.3) the definition of an outbreak means cases of disease occurring in a community, region, or particular population at a rate in excess of that which is normally expected. A shigellosis outbreak is two or more cases of a similar illness shown by an investigation to have resulted from a common exposure, such as ingestion of a common food. If an outbreak is suspected and/or documented, contact your local health department. For additional information and recommendations regarding

the preparation for, and the management of an outbreak situation in a school setting, see Appendix A, "Managing an Infectious Disease Outbreak In a School Setting."

**Other Resources:**

Indiana State Department of Health Quick Facts Page (found on disease/condition page):

<http://bit.ly/12JLfD>

Centers for Disease Control and Prevention (CDC):

<http://www.cdc.gov/nczved/divisions/dfbmd/diseases/shigellosis/>