



# KALAMAZOO COUNTY GOVERNMENT

In the Pursuit of Extraordinary Governance...

## FACT SHEET SHIGELLOSIS

(*Shigella*)

<b>What is <i>Shigella</i>?</b>	<i>Shigella</i> are bacteria that can infect the intestinal tract of children and adults. Shigellosis is the name of the disease caused by these bacteria. It is highly contagious.
<b>How is it spread?</b>	<i>Shigella</i> are carried in the intestinal tract by stool and spread to others by direct (person-to-person) or by indirect (contaminated food, water, surfaces, etc.) contact with the organism.
<b>What is the incubation period?</b>	Symptoms usually appear within 24-72 hours after contact with the bacteria, but may occur up to 7 days after exposure.
<b>What are the early signs?</b>	Symptoms of shigellosis vary, but may include any of the following symptoms: nausea, vomiting, stomach pain, bloody or watery diarrhea, and gas. Fever, if present, is usually high.
<b>What about contacts?</b>	Encourage careful with handwashing and cleaning under nails. Children with symptoms should be sent home and seen by a doctor.
<b>How long is the person contagious?</b>	Shigellosis is contagious from when symptoms start until <i>Shigella</i> is no longer found in the stool. Recovery usually takes 2-4 days with antibiotic treatment. The bacteria may be passed in the stool of an untreated person for about 4 weeks after symptoms end.
<b>When is it OK to return to daycare/school?</b>	Children with active symptoms should remain at home until at least 48 hours after symptoms are gone. A negative stool culture and medical clearance is required to return.
<b>Other Important Information</b>	<ul style="list-style-type: none"> <li>• At the first sign of illness:               <ol style="list-style-type: none"> <li>1. Call your family doctor for instructions.</li> <li>2. Treatment with antibiotics <i>may</i> be recommended to ensure the child is no longer infectious.</li> <li>3. Notify school/daycare that your child is ill.</li> </ol> </li> <li>• Good hygiene controls the spread of disease; practice careful handwashing after using the bathroom and before eating/preparing food.</li> <li>• Children with diarrhea may become dehydrated easily; they may need to drink extra clear fluids.</li> </ul>

*This fact sheet is not intended to replace the advice of your physician. Parents should contact their healthcare provider if they have concerns regarding their child's health. If you have general questions, you may contact a Kalamazoo County nurse at 373-5022 or 373-5267.*

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## HEALTH AND COMMUNITY SERVICES DEPARTMENT

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