

SHIGELLOSIS

Reportable to local or state health department

CAUSE

Shigella bacteria.

SYMPTOMS

Diarrhea (may be watery), fever, stomach cramps, nausea, or vomiting. Stools may contain blood or mucus. Infected persons may have mild symptoms or may not have any symptoms at all. Illness usually lasts 4 to 7 days.

SPREAD

Shigella bacteria leave the body through the stool of an infected person and enter another person when hands, food, or objects (such as toys) contaminated with stool are placed in the mouth. Spread can occur when people do not wash their hands after using the toilet, changing diapers, or preparing and eating food.

INCUBATION

It takes from 1 to 7 days, usually 2 to 4 days, from the time a person is exposed until symptoms start.

CONTAGIOUS PERIOD

As long as *Shigella* bacteria are present in the stool, a person can pass the bacteria on to other people. For some children, the bacteria can be found in the stool up to 4 weeks after illness.

DIAGNOSIS

Recommend parents/guardians call their healthcare provider if their child has symptoms of shigellosis. There is a lab test to detect *Shigella* in the stool.

EXCLUSION

Childcare and School: Consult with Health Department. Additional testing may be required prior to readmission. Individuals with *Shigella* should not use swimming beaches, pools, spas, water parks, or hot tubs until 2 weeks after diarrhea has stopped. Staff employed in sensitive duty occupations infected with *Shigella* bacteria will be restricted from work (see above exclusion).

See: [NAC 441A.690](#)

TREATMENT

If *Shigella* bacteria are found, antibiotic treatment is available. Children and staff in childcare settings should be treated. *Shigella* bacteria can be resistant to one or more antibiotics. Ampicillin is not a recommended treatment. Vomiting and diarrhea may lead to dehydration, which may become a medical emergency. Ask a healthcare provider how to prevent dehydration.

PREVENTION/CONTROL

- Wash hands thoroughly with soap and warm running water after using the toilet and changing diapers and before preparing or eating food.
- Thorough hand washing is the best way to prevent the spread of communicable diseases.
- Staff should closely monitor hand washing of all children after children have used the bathroom or have been diapered.
- Discourage self-service food items in the school cafeteria (i.e., salad bars, trays of fruit, trays of desserts) and in the classroom. An adult should serve children their lunches and group snacks.
- DO NOT allow children to swallow water when swimming in lakes, swimming pools, hot tubs, water parks, or fountains.
- Clean and disinfect diapering area and potty chairs after each use and bathroom toilets, sinks, and toys at least daily and when soiled. (See IV-4 through IV-6)
- Clean and sanitize mouthed toys, objects, and surfaces at least daily and when soiled. (See IV-4 through IV-6)

For more information, please contact your local health department.

[Southern Nevada Health District](#) (Clark County) 775-759-1300 (24 hours)

[Northern Nevada Public Health](#) (Washoe County) 775-328-2447 (24 hours)

[Carson City Health & Human Services](#) (Carson City, Douglas, Lyon Counties) 775-887-2190 (24 hours)

[Division of Public and Behavioral Health](#) (All other Counties) 775-400-0333 (24 hours)

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