

Your child may have been exposed to:

## Shigellosis

Shigellosis is a bacterial infection of the intestines.

### If you think your child has Shigellosis:

- Tell your childcare provider or call the school.
- **Need to stay home?**

#### Childcare:

**Yes**, for 24 hours after treatment with antibiotics has been started and until diarrhea has stopped. Children who have *Shigella* in their stools but who do not have symptoms may need to be treated, but do not need to stay home.

#### School:

**No**, unless the child is not feeling well and/or has diarrhea and needs to use the bathroom frequently.

### Symptoms

Your child may have diarrhea (may be watery and or contain blood or mucus), stomach cramps, nausea, vomiting, or fever. Illness may last 4 to 7 days.

If your child is infected, it may take 1 to 7 days for symptoms to start.

### Spread

- By eating or drinking contaminated food or beverages.
- By touching contaminated hands, surfaces, or objects.

### Contagious Period

The illness can spread as long as *Shigella* bacteria are in the stool, this could be for up to 4 weeks.

### Call your Healthcare Provider

- ◆ If anyone in your home has symptoms. There is a medical test to detect the bacteria. Antibiotic treatment is available.
- ◆ Ask how to prevent dehydration. Your child may lose a lot of water due to vomiting and diarrhea.

### Prevention

- Wash hands after using the toilet or changing diapers and before preparing food or eating. Your child may need help with handwashing.
- Clean and disinfect any objects that come in contact with stool. This includes toilets (potty chairs), sinks, toys, and diaper changing areas. Use a product that kills germs.
- Everyone with *Shigella* in their stools should not use swimming beaches, pools, water parks, spas, or hot tubs until 2 weeks after the diarrhea has stopped.

For more information, call Hennepin County HSPHD-Epidemiology at 612-543-5230 or call your local health department.