

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.

**Keep your child home from childcare** until either

- 48 hours after diarrhea has stopped OR
- 24 hours after diarrhea has stopped and has been on at least 24 hours of antibiotics OR
- One stool sample has tested negative for *Shigella*.

Children without symptoms may need to be treated, but do not need to stay home

School aged children do not need to stay home unless they are not feeling well and/or have diarrhea and need to use the bathroom frequently.

Exclusion may be necessary during outbreaks.

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

## 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 food or beverages contaminated with stool.
- By touching hands, surfaces, or objects contaminated with stool.

## Contagious period

The illness can spread as long as *Shigella* bacteria are in the stool. This could be for up to 4 weeks. Anyone with *Shigella* should not go in lakes, pools, splash pads, water parks, or hot tubs until 1 week after diarrhea has stopped.

## Call your health care provider

- If anyone in your home has symptoms. There is a medical test to detect the bacteria.
- Antibiotic treatment is available.

## Prevention

- Wash hands after using the toilet or changing diapers. Wash hands 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.
- Avoid swallowing water when in lakes, pools, splash pads, water parks, or hot tubs.