



Shigella

Your child may have been exposed to this disease

If your child has symptoms, please contact your child's healthcare provider.

If my child has this disease, when can he or she return to school or child care?

Children in kindergarten, preschool, or child care may NOT return to school UNTIL they are approved by the Local Health Department.

Children first grade or older stay home until 24 hours after symptoms stop.

Shigella is a bacteria.

It causes the following symptoms:

- Diarrhea, which is sometimes bloody
- Fever
- Abdominal pain
- A painful feeling of needing to pass stools even when bowels are empty

If a person gets sick, it usually starts 1 to 2 days after they are exposed, but it can take up to a week. The illness usually lasts 4 to 7 days. Some people have mild symptoms or none at all.

Shigella can be a serious illness for children with

What can I do now?

Watch your child for symptoms, and call your child's doctor or health care provider if your child becomes sick. **If your child gets sick, prevent others from getting sick by:**

- Keeping a sick child out of school, childcare, group play, and swimming pools while ill with diarrhea.
- Washing hands after using the bathroom, before handling food, and after changing diapers.
- Wear gloves and protective clothing. Clean diaper-changing areas after using them. Disinfect the surface where the diaper was changed by using a cleaning solution that kills viruses and bacteria, such as 1 to 3 tablespoons of bleach mixed with 1 quart (32 ounces) of water. Discard all contaminated items in a sealed plastic bag and place in the trash.
- If an adult gets sick with shigella, the person should not prepare food for other people.

immune system problems that make it hard to fight off infection.

How is shigella spread?

Shigella is spread by the fecal-oral route.

- A child putting an item in his or her mouth that has touched the stool of a sick child
- Drinking from water fountain with shigella bacteria in it
- Eating food with shigella bacteria in it
- Close contact with a person with shigella

A person with shigella can spread the bacteria for as long as 4 weeks.