

HEALTH ALERT

To: Infection Control – Crusader Community Health, Physician Immediate Care, Rockford Memorial Hospital, St. Anthony’s Medical Center and SwedishAmerican Hospital; Emergency Preparedness Personnel; Emergency Department Directors; Infectious Disease Physicians

From: Todd M. Kisner, MPH - Interim Director for Center of Health Protection and Promotion
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Date: 12 November 2015

RE: **Shigellosis Outbreak**

The Health Department has two (2) confirmed cases of shigella in students attending CICS Jackson School. These cases are linked to confirmed cases in a daycare serving children. Letters are being sent home to students in the affected school to notify the parents. Shigella is also being reported in the community sporadically in other age groups as well.

Symptoms typically start 1 to 2 days after exposure and include:

- Diarrhea (sometimes bloody)
- Fever
- Vomiting
- Abdominal pain
- Tenesmus

Health Department recommends:

- If a patient presents with diarrhea, test to confirm shigella
- Treatment for shigella
 - Usually resolves without antibiotic treatment in 5 to 7 days
 - People with mild shigellosis may need only fluids and rest
 - Antibiotics maybe used to treat severe cases to reduce the duration of symptoms; but resistance has been seen
 - Treatment guidelines can be found at <http://www.cdc.gov/shigella/resources.html>
- Avoid use of anti-diarrheal medications
- **Individuals with shigella must be isolated from day care, school, work, and public gatherings until diarrhea is absent for 24 hours.**

For more information on shigella, please see <http://www.cdc.gov/shigella> .

Please share this information with your Emergency Department and Clinical Staff.

Should you have any questions, please contact the Health Department at 815-720-4050.

