

HEALTH ALERT UPDATE

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
Patty Goodin, RN - Infection Prevention and Control Nurse

Date: 20 November 2015

RE: **Shigellosis Outbreak Update**

The Health Department now has two separate outbreaks of Shigella consisting of four (4) lab confirmed cases in students attending CICS Jackson School and Summerdale Early Childhood Center. These cases are linked to two lab confirmed cases in a daycare serving children. Shigella continues to be reported in the community sporadically in other age groups bringing the total number of lab confirmed cases to 29 since October 2015.

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

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

Health Department continues to recommend:

- 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.

