

Shigellosis

Linn County, Iowa



Public Health
Prevent. Promote. Protect.

Linn County, Iowa

Incidence of Shigella in Linn County has remained similar to state¹ and national² rates during the last decade with the exception of an outbreak in 2015 related to child care centers. In 2016, rates returned to baseline.

Shigella is found in the feces of an infected person and is easily spread by eating contaminated food or drinking contaminated water.³ Although anyone can become infected with Shigella, young children in child care centers and those living in crowded conditions are most at risk.

PREVENTION⁴

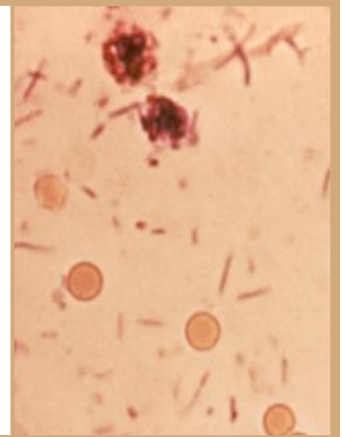
- Wash hands frequently & thoroughly
- Supervise small children when they wash their hands
- Dispose of soiled diapers & properly disinfect diaper-changing areas after use
- Keep children with diarrhea home from child care, play groups or school
- Don't prepare food for others if you have diarrhea
- Avoid swallowing water from ponds, lakes or untreated pools

TREATMENT

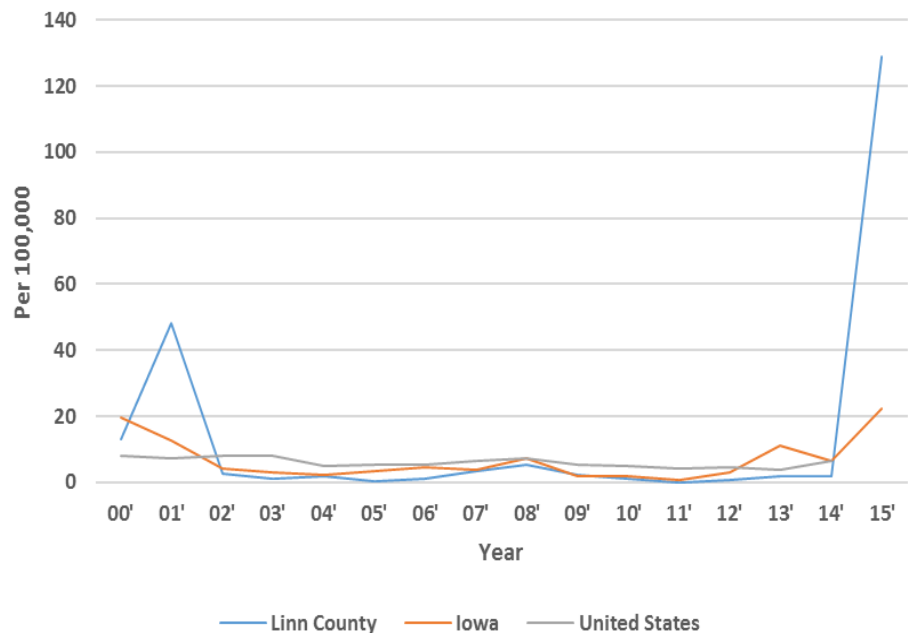
- Most will recover without treatment
- Infected persons with severe diarrhea, especially small children & and the elderly, should see a health care provider



Shigellosis is an infection of the gut caused by the bacterium, Shigella. A person infected with Shigella may have mild to severe diarrhea, fever, and painful bloody, mucous stools within 12 to 96 hours after infection. Some may not have any symptoms.³



Incidence of Shigella in Linn County, Iowa¹, and the United States² per 100,000 population



1. Center for Acute Disease Epidemiology: Iowa Surveillance of Notifiable and Other Diseases Annual Report, 2000-2015

2. Centers for Disease Control and Prevention: Morbidity and Mortality Weekly Report - Summary of Notifiable Infectious Diseases and Conditions - United States, 2000-2014

3. Center for Acute Disease Epidemiology. Guide to Surveillance, Investigation, and Reporting. Iowa Department of Public Health, January, 2014

4. Mayo Clinic. Shigella Infection. Retrieved from <http://www.mayoclinic.org/diseases-conditions/shigella/basics/prevention/con-20028418>