

# Loss Control



FARMERS

## Information Bulletin

### Shigellosis

Shigellosis, also called bacillary dysentery, is an infectious disease caused by *Shigella* bacteria. Four main types of *Shigella* cause infection: *Shigella dysenteriae*, *S. flexneri*, *S. boydii*, and *S. sonnei*. CDC estimates that more than 400,000 cases occur every year in the United States. Health care providers report about 18,000 cases to CDC each year. Most cases in this country are caused by *S. sonnei*.

#### What are the symptoms of *shigellosis*?

- Fever
- Tiredness
- Watery or bloody diarrhea
- Nausea or vomiting
- Abdominal pain

Symptoms usually begin within 2 days after being exposed to *Shigella*. Symptoms usually are gone within 5 to 7 days.

#### How is *shigellosis* treated?

People with mild infections usually get better quickly, without taking medicine. When treatment is necessary, health care providers usually prescribe an antibiotic such as ampicillin or ciprofloxacin. Antidiarrheal medicines may make the illness worse.

#### Ways to prevent shigellosis.

- Wash hands thoroughly with soap and water before preparing foods and beverages
- Wash hands thoroughly after using the bathroom or changing infant diapers
- Disinfect diaper-changing areas after use
- Help young children wash their hands carefully after they use the bathroom
- Avoid swallowing swimming pool water