



# PUBLIC HEALTH FACT SHEET

## SHIGELLA (DIARRHEA)

Dear Parent:

This is to bring to your attention that a case of Shigella (diarrhea) has been reported for a student in your child's classroom and to provide you with information about this disease. If your child exhibits any of the symptoms described below, it is recommended that you consult your healthcare provider or the Department of Health in Duval County Epidemiology Program at 904-253-1850.

### **What is Shigella?**

- A bacterial diarrheal illness

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

- Loose watery stools with blood or mucous
- Stomach cramps
- Headache
- Fever

### **How is Shigella spread?**

- Consuming food or water contaminated with the feces of an infected person

### **How can Shigella be prevented?**

- Good, thorough hand washing after using the toilet and changing diapers, as well as before handling or eating food

### **Implications for school**

- Exclude students or staff who have been diagnosed with the disease
- May return when they are diarrhea free for 24 hours without the use of anti-diarrheal medication

Resources:

Centers for Disease Control and Prevention:

[www.cdc.gov](http://www.cdc.gov)

American Academy of Pediatrics:

<https://healthychildren.org/English/health-issues/conditions/abdominal/Pages/FoodPoisoning-and-Food-Contamination.aspx>