

PREVENTING THE SPREAD OF SHIGELLA

What is shigella?

Shigella is a highly-contagious bacteria that is spread through stool. Only a very small amount of bacteria is needed to cause the illness. The symptoms are: diarrhea, cramps, fever, headache, blood in stool and/or dehydration. Any or all of these symptoms can be present, and a child does not have to have symptoms to be carrying the bacteria. If a child has any of these symptoms, they cannot be in daycare.

What can I do to prevent the spread of shigella?

- Wash hands with soap carefully and frequently, especially after going to the bathroom, after changing diapers, before preparing foods or beverages, upon arrival at home and just before leaving home.
- Help young children wash their hands after toileting and before eating.
- Dispose of soiled diapers properly.
- Wash, rinse and sanitize diapering surfaces, bathroom surfaces, food contact surfaces and toys.
- Keep symptomatic parents and children at home.
- Have symptomatic children and parents contact their physician for testing and treatment.
- Foodhandlers, children and staff in daycare settings, and health care workers should not return until 2 negative stool samples have been collected at least 24 hours apart.
- Do not allow ill children or parents to use swimming pools (including wading pools) or water play areas for 2 weeks after symptoms resolve.

How can I clean my environment thoroughly?

- In an empty labeled spray bottle, make a cleaning solution that contains:
 - 1 Tablespoon Bleach
 - 3 Cups clean cool water
- Perform your regular soap and warm water scrubbing of your desired surface (e.g. countertop, diapering surface, sink, toilet)
- After cleaning your desired surface, spray bleach solution on the surface and let stand until dry
- Once dry, rinse surface by wiping with a clean wet cloth or clean wet paper towel
- Let air dry
- Bleach solution must be made daily to ensure proper effectiveness and disinfective power

Once dry, your surface is sanitized and ready for reuse. Remember each time you re-use your surface you need to clean and sanitize it again to prevent the spread of shigella infection.

For more information please contact the Saint Louis County Department of Health
Communicable Disease Control Services Division at 314-615-1630.