



Shigellosis

Your child may have been exposed to Shigellosis. Shigellosis is a bacterial infection of the intestines.

If you think your child has the shigellosis:

- Tell your childcare provider or call the school.
- **Keep your child home from childcare** until either
 - 48 hours after diarrhea has stopped OR
 - 24 hours after diarrhea has stopped and has been on at least 24 hours of antibiotics OR
 - One stool sample has tested negative for *Shigella*.
- Children without symptoms may need to be treated, but do not need to stay home.
- School aged children do not need to stay home unless they are not feeling well and/or have diarrhea and need to use the bathroom frequently.
- Exclusion may be necessary during outbreaks.
- For more information, call Hennepin County HSPHD-Epidemiology at 612-543-5230 or call your local health department.

Parent/Guardian information

Symptoms

Your child may have diarrhea (may be watery and/or contain blood or mucus), stomach cramps, nausea, vomiting, or fever. Illness usually lasts 1 to 3 days.

If your child is infected, it may take 1 to 7 days for symptoms to start.

Spread

- By eating food or beverages contaminated with stool.
- By touching contaminated hands, surfaces, or object contaminated with stool.

Contagious period

The illness can spread as long as *Shigella* bacteria are in the stool. This could be for up to 4 weeks. Anyone with *Shigella* should not go in lakes, pools, splash pads, water parks, or hot tubs until 1 week after diarrhea has stopped.

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Call your health care provider

- If anyone in your home has symptoms. There is a medical test to detect the bacteria.
- Antibiotic treatment is available.

Prevention

- Wash hands after using the toilet or changing diapers. Wash hands before preparing food or eating. Your child may need help with handwashing.
- Clean and disinfect any objects that come in contact with stool. This includes toilets, potty chairs, sinks, toys, and diaper changing areas. Use a product that kills germs.
- Avoid swallowing water when in lakes, pools, splash pads, water parks, or hot tubs.

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