



# Epi Moves

A Bi-Monthly Epidemiology Newsletter  
Manatee County Health Department Epidemiology  
Program  
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## Manatee County Health Department

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To report diseases or request information  
call (Mon-Fri, 8-5, Area code 941):

Epidemiology 748-0747 Ext. 1235  
HIV/AIDS (813) 307-8011 Ext. 4203  
STD 748-0747 Ext. 1264 or 1265  
Animal Bite 748-0747 Ext. 1340  
Tuberculosis 748-0747 Ext. 1264 or  
1265  
Foodborne illness 748-0747 Ext. 1369  
**Non-business hours 748-0747**

*Epi Moves is a bimonthly newsletter  
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## Shigellosis in the Community

The Manatee County Health Department (MCHD) has identified a recent increase in reported cases of shigellosis. Shigellosis is an infection that causes diarrhea.

It is usually a mild, self-resolving illness (meaning the body will fight off the infection without treatment), and most people recover completely within 4 to 7 days. After a person is infected, symptoms may develop within 1 to 3 days and include diarrhea, fever, nausea, and/or vomiting. Some people never develop any symptoms after being infected.

Shigellosis is very contagious and can spread easily from person to person. The disease is caused by a group of bacteria called *Shigella*. The infection is acquired by swallowing something contaminated with the feces of an infected person. This most commonly happens when an infected person does not wash his/her hands properly after a bowel movement, and then touches somebody else's hands or prepares food for others. Even persons without symptoms can carry the bacteria and pass it on to others.

Shigellosis generally has a cyclic temporal pattern characterized by large community outbreaks, frequently associated with child care settings. In the last decade, Florida has experienced large peaks in 2002/2003 and 2006/2007. The recent increase in reported shigellosis cases may indicate that we are entering another period of increased activity in Florida.

Implementing prevention measures proactively may decrease the transmission of shigellosis and mitigate potential community outbreaks.

### Prevention measures for shigellosis:

- People experiencing diarrhea should remain home from school or work **at least 24 hours after their symptoms stop.**
- Hand washing is to be done after bathroom visits, diaper changes, play time, and handling of pets or soil and before food preparation and eating. Wash hands for at least 20 seconds and use soap and running water to lather and rinse the palms, backs of hands, between fingers, under fingernails, and around wrists. **Proper hand washing is the most effective way to prevent shigellosis and many other diseases.**
- Hand washing among children should be frequent and supervised by an adult in child care facilities and homes with children who have not been fully toilet trained.
- Clean and disinfect bathrooms, diaper changing areas, and soiled toys on a routine basis.
- People with diarrhea should not prepare food or drinks for others.

Any disease outbreak or clusters of any symptoms found in the general community or any defined setting such as a school, daycare, nursing home, or any other institution are reportable to the Manatee County Health Department. Additionally, laboratory confirmed cases of shigellosis are also reportable to MCHD. Please call (941) 748-0747 ext 1235 to report any outbreaks of diarrheal illness or confirmed cases of shigellosis.