



Over 18,000 cases of Shigella are reported in the United States each year .Of all these cases, children between the ages of two and four are most often affected with this illness.

Many of these children become ill in childcare settings. As a parent, you should take precautions in both your home and your child's childcare setting to prevent your child from becoming ill due to Shigella.



For more information

Please visit the following websites:

Department of State Health Services
<http://www.dshs.state.tx.us>

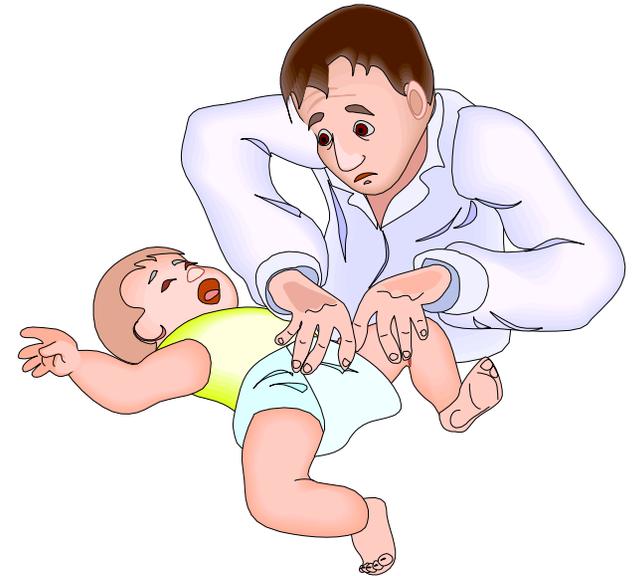
Centers for Disease Control and Prevention
<http://www.cdc.gov>

U.S. Food and Drug Administration
<http://vm.cfsan.fda.gov/~mow/chap19.html>

Denton County Health Department
<http://dentoncounty.com/heart>

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SHIGELLA



***Important
Information
Especially
For Parents***

What is Shigella?

Shigella (also known as Shigellosis) is an illness that is caused by a group of bacteria called *Shigella*.

Who can get it?

Anyone can get Shigella, but children and those who work in day care facilities are the most at risk.

How is it spread?

The spread of Shigella occurs through hand-to-mouth contact with feces. The source can be another person, an animal, or contaminated food or water.



Symptoms

Without antibiotics, these symptoms usually last for four to seven days.

- Diarrhea (can be bloody)
- Fever
- Nausea
- Vomiting
- Stomach Cramps

What can I do?

Protect yourself and your child by washing your hands:

- After using the restroom
- After changing a baby's diaper
- After contact with animals/livestock
- Before preparing and serving food

You can also protect yourself by:

- Disinfecting diaper changing areas
- Supervising children washing their hands
- Avoiding drinking water from pools, ponds, lakes, and rivers