Shigellosis

Shigellosis is an acute bacterial infection characterized by (sometimes bloody) diarrhea, vomiting, abdominal cramps and, often, fever. Humans are the only known reservoir. Shigellosis is transmitted from person to person, and just a few organisms can cause illness. It is important to track the incidence of this disease to see trends and to detect outbreaks. The rate is higher among children 1–4 years of age. The incidence of shigellosis usually increases in late summer and fall. A large community-wide outbreak in 1991 resulted in hundreds of cases in multiple Portland metropolitan area daycare centers from April onward. At the tail end of that summer, in August, additional cases were associated with a dual pathogen outbreak (E. coli and Shigella) at Blue Lake Park in Fairview.

Outbreaks in daycare centers are common, mainly due to the poor hygienic practices of small children. Hand washing is the most important means of prevention. Treatment reduces duration of illness, but the organism has become resistant to many antibiotics used for empiric therapy. Testing for antibiotic susceptibility is important for treatment.

In 2011 there were 57 cases, similar to 2010. Thirty-six were sporadic cases, 14 were household transmission and seven were outbreak-related cases.

Shigellosis by year: Oregon, 1988–2011
### Shigellosis by Onset Month: Oregon, 2011

The graph shows the number of cases of shigellosis by month in Oregon for 2011, compared to the median cases from 2006 to 2010. The y-axis represents the number of cases, while the x-axis represents the months of the year. The data indicates a peak in cases in October, followed by a decline.

### Incidence of Shigellosis by Age and Sex: Oregon, 2011

The graph illustrates the incidence of shigellosis by age and sex in Oregon for 2011. The y-axis represents the number of cases per 100,000 population, while the x-axis represents different age groups (0-4, 5-9, 10-19, etc.) and sex (male and female). The data shows a higher incidence in certain age groups and sexes, with males generally having higher numbers than females.
Incidence of shigellosis: Oregon vs. nationwide, 1996–2011

Shigellosis by species: Oregon, 2011

- **boydii**: 6%
- **sonnei**: 45%
- **flexneri**: 49%
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