

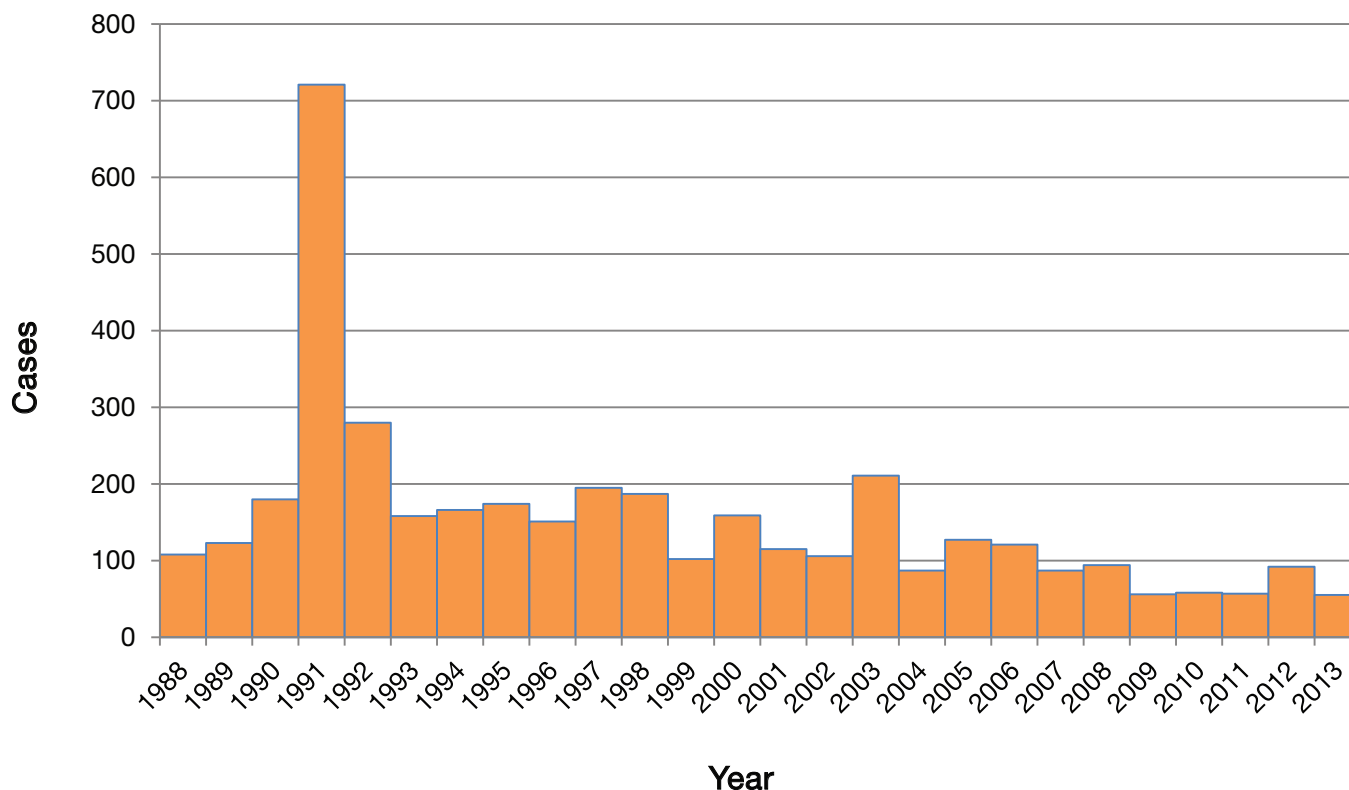
Shigellosis

Shigellosis is an acute bacterial infection characterized by (sometimes bloody) diarrhea, vomiting, abdominal cramps and, often, fever. In Oregon, shigellosis is typically caused by *S. sonnei* or *S. flexneri*. The other species — *S. boydii* and *S. dysenteriae* — are more common in developing countries. Humans are the only known reservoir. Shigellosis is transmitted from person to person, and just a few organisms can cause illness. The rate has historically been highest among children 1–4 years of age. The incidence of shigellosis typically peaks in late summer and fall.

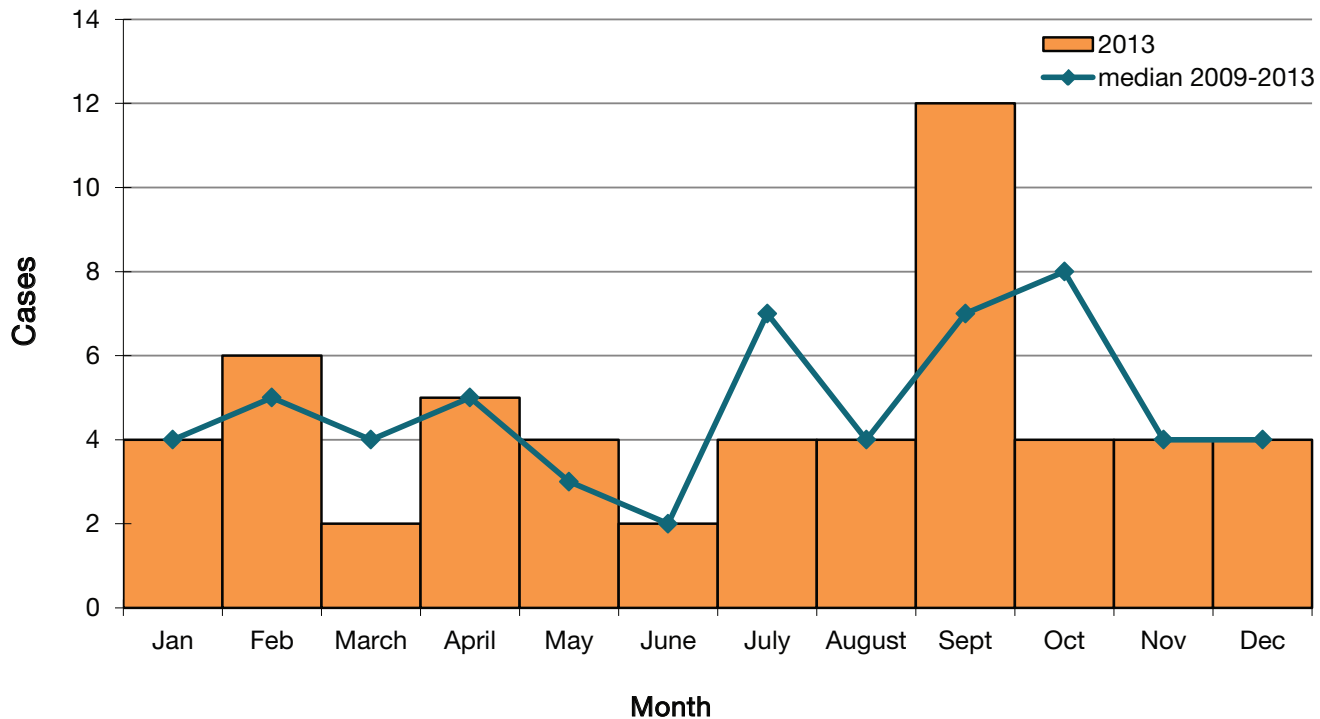
Outbreaks in daycare centers are common, mainly due to the poor hygienic practices of small children. Hand washing is the most important means of prevention. Treatment reduces duration of illness, but the organism has become resistant to many antibiotics used for empiric therapy. Testing for antibiotic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

In 2013, 55 cases were reported; a decrease from the 92 cases reported in 2012. This is a historic low for Oregon. Thirty-seven were sporadic cases, seven involved household transmission and 11 were part of outbreaks.

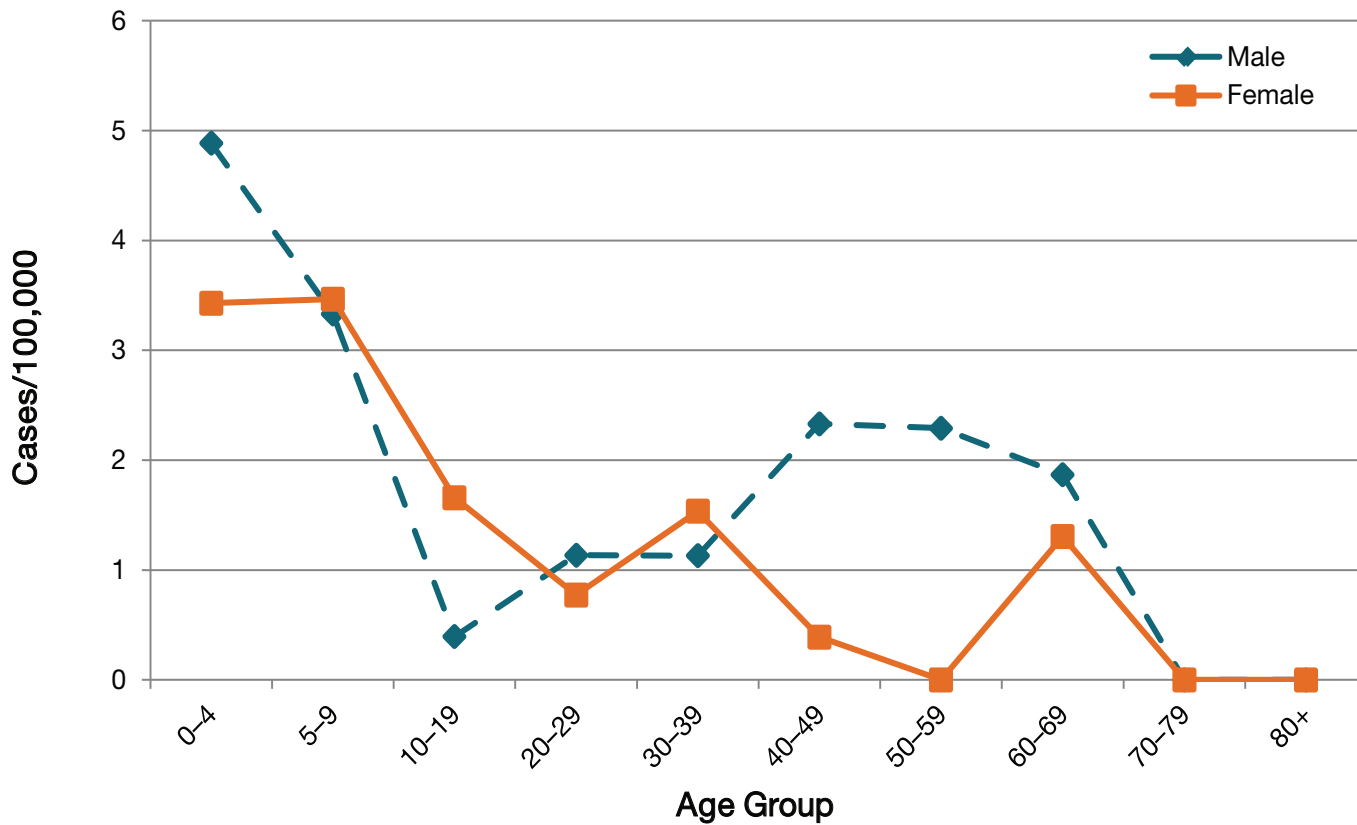
Shigellosis by year: Oregon, 1988–2013



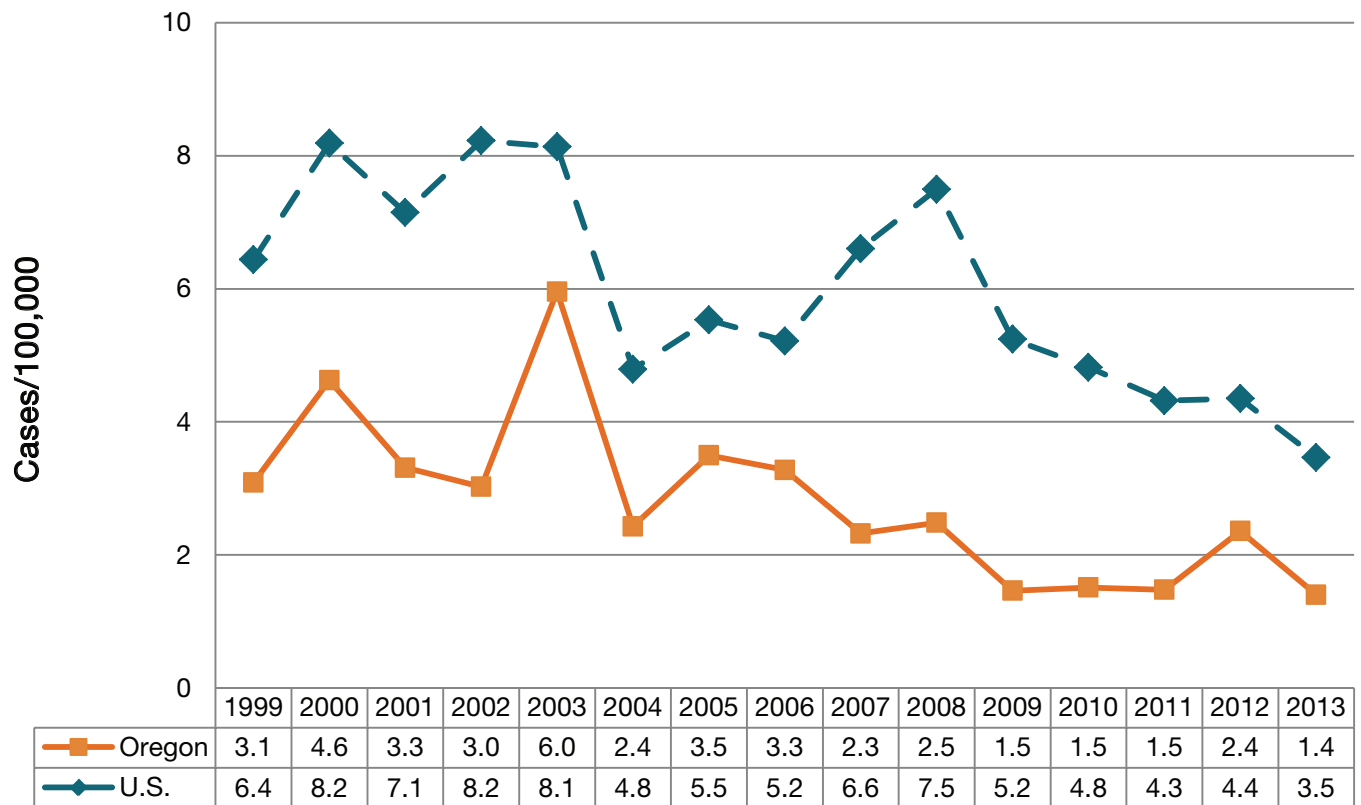
Shigellosis by onset month: Oregon, 2013



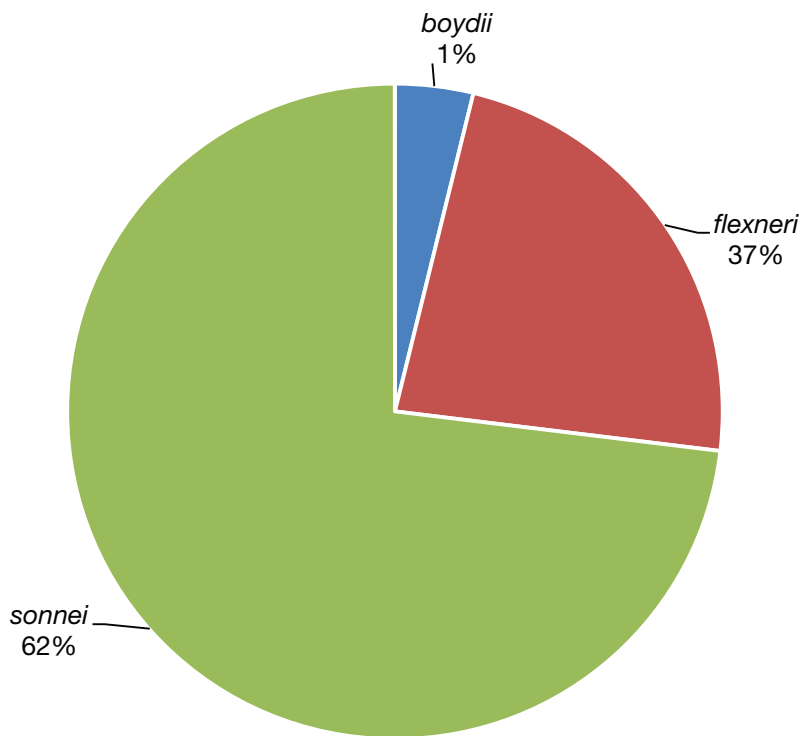
Incidence of shigellosis by age and sex: Oregon, 2013



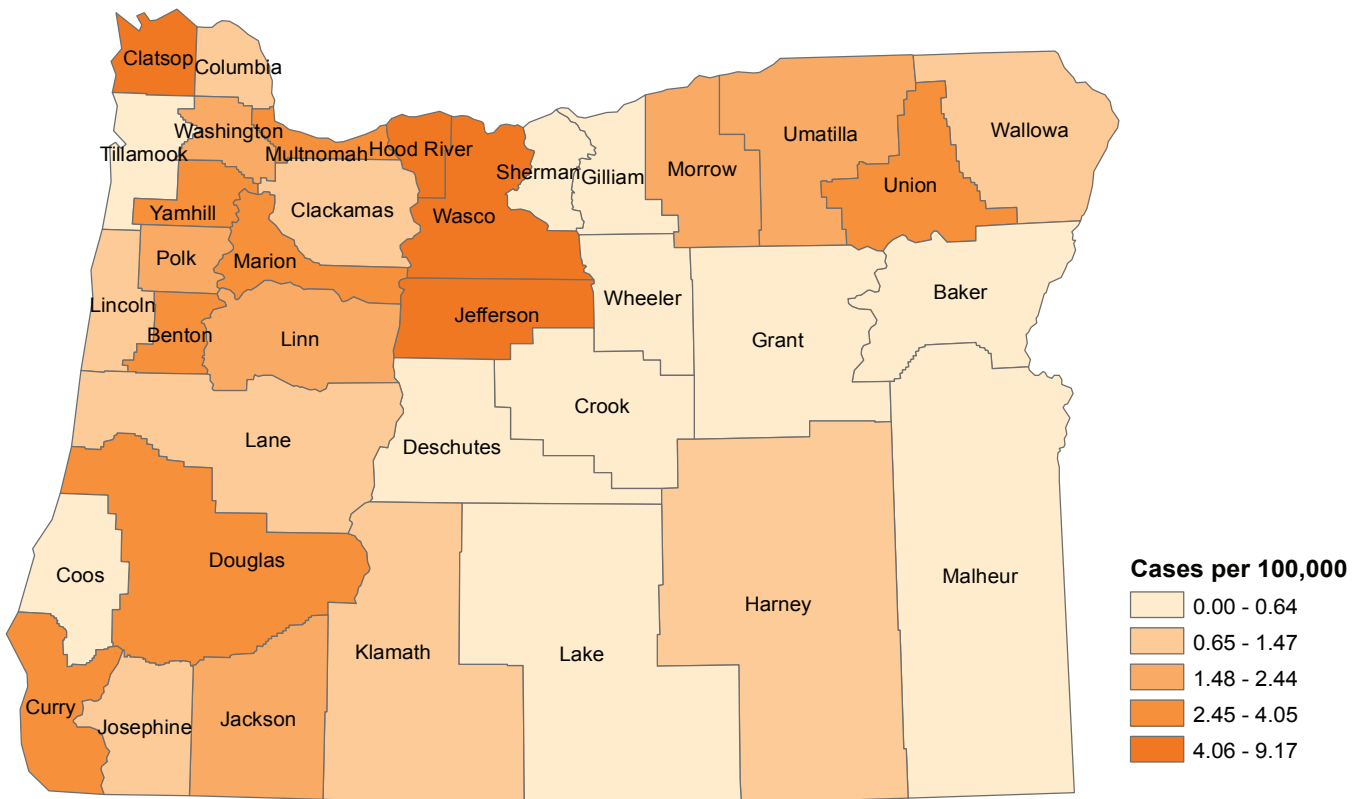
Incidence of shigellosis: Oregon vs. nationwide, 1999–2013



Shigellosis by species: Oregon, 2013



Incidence of shigellosis by county of residence: Oregon, 2004–2013



Prevention

- Wash hands with soap and warm water carefully and frequently, especially after going to the bathroom, after changing diapers, and before preparing food or beverages.
- Dispose soiled diapers properly.
- Disinfect diaper changing areas after using them.
- Keep children with diarrhea out of child care settings.
- Supervise hand washing of toddlers and small children after they use the toilet.
- Do not prepare food for others while ill with diarrhea.
- Avoid swallowing water from ponds, lakes, or untreated pools.