

Shigellosis

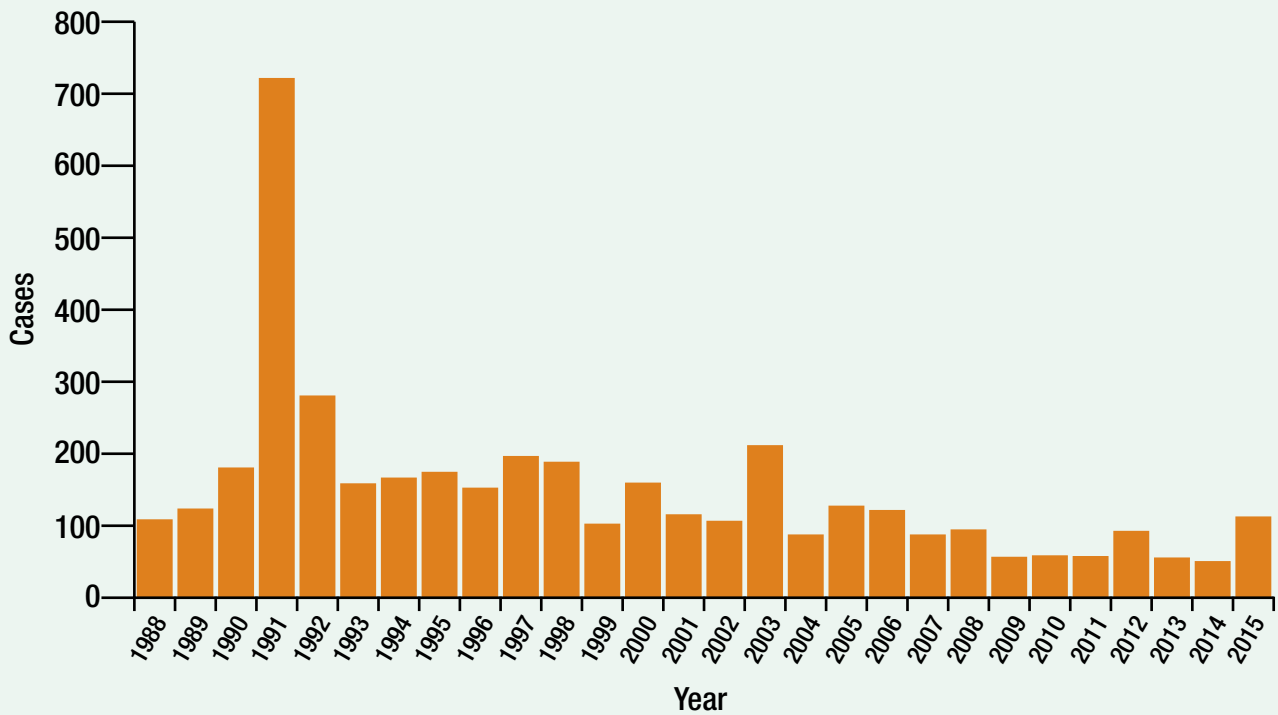
Shigellosis is an acute bacterial infection characterized by (sometimes bloody) diarrhea, vomiting, abdominal cramps and, often, fever. In Oregon, shigellosis is typically caused by *S. sonnei* or *S. flexneri*. The other species — *S. boydii* and *S. dysenteriae* — are more common in developing countries. 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. 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.

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. One school associated outbreak occurred in Oregon in 2015.

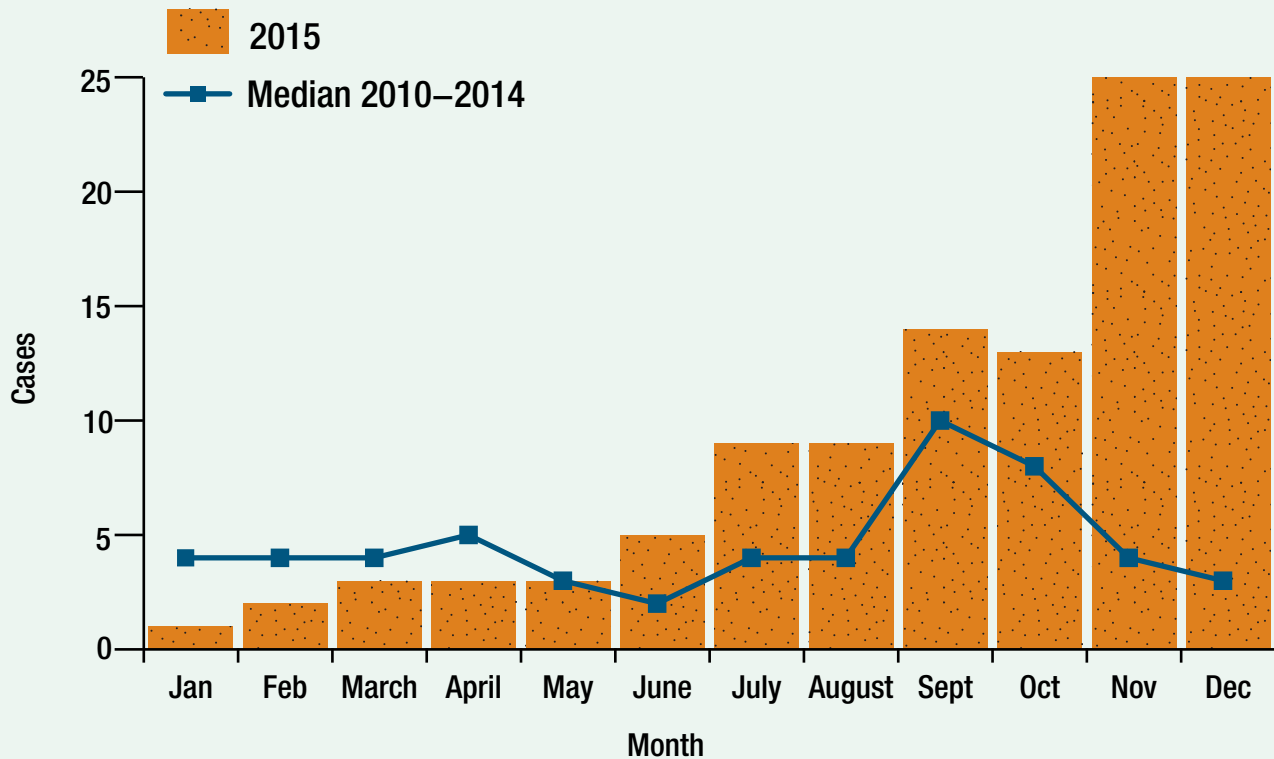
After being a historic low in 2014, the number of cases jumped to 112 in 2015. This was mainly driven by an outbreak which started among men who have sex with men and spread among the homeless population. There were 59 (53%) cases associated with the outbreak. The outbreak continued for several months before it subsided. The overwhelming majority of cases have occurred among men.

Of the 112 cases, 87 (78%) were *S. sonnei* and 19 (17%) were *S. flexneri*.

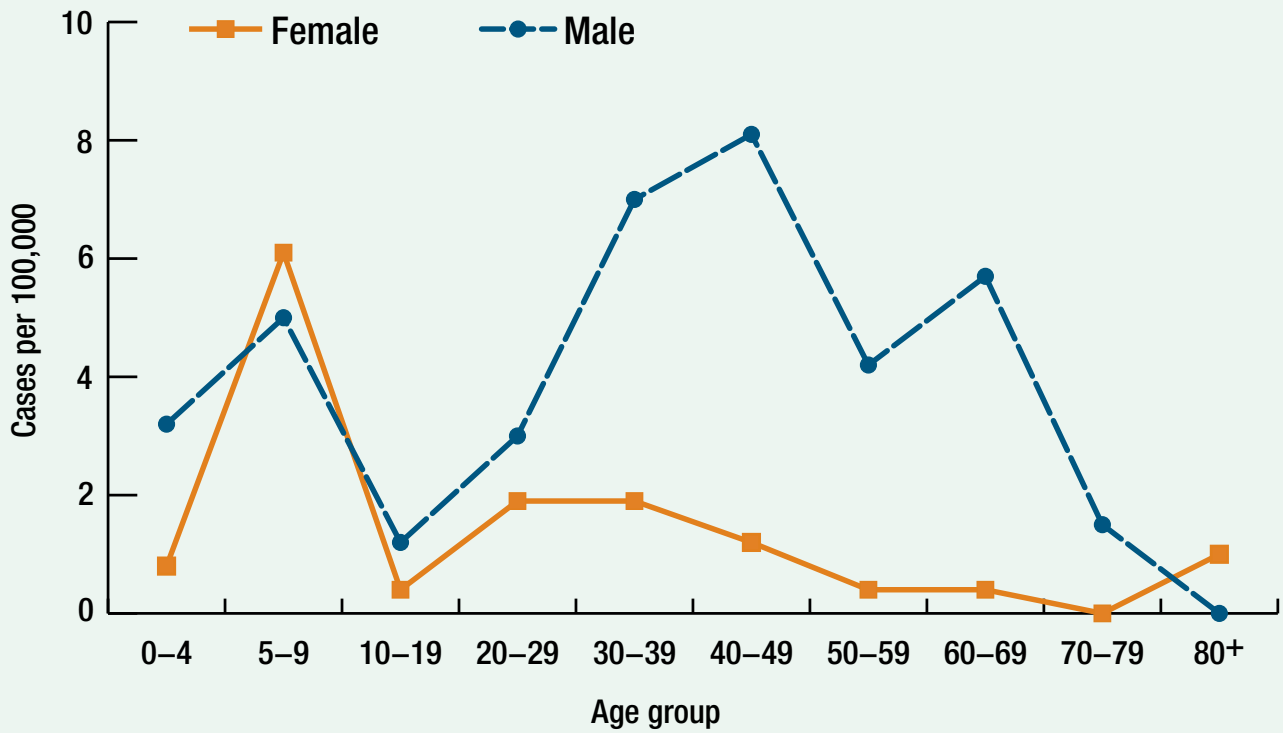
Shigellosis by year: Oregon, 1988–2015



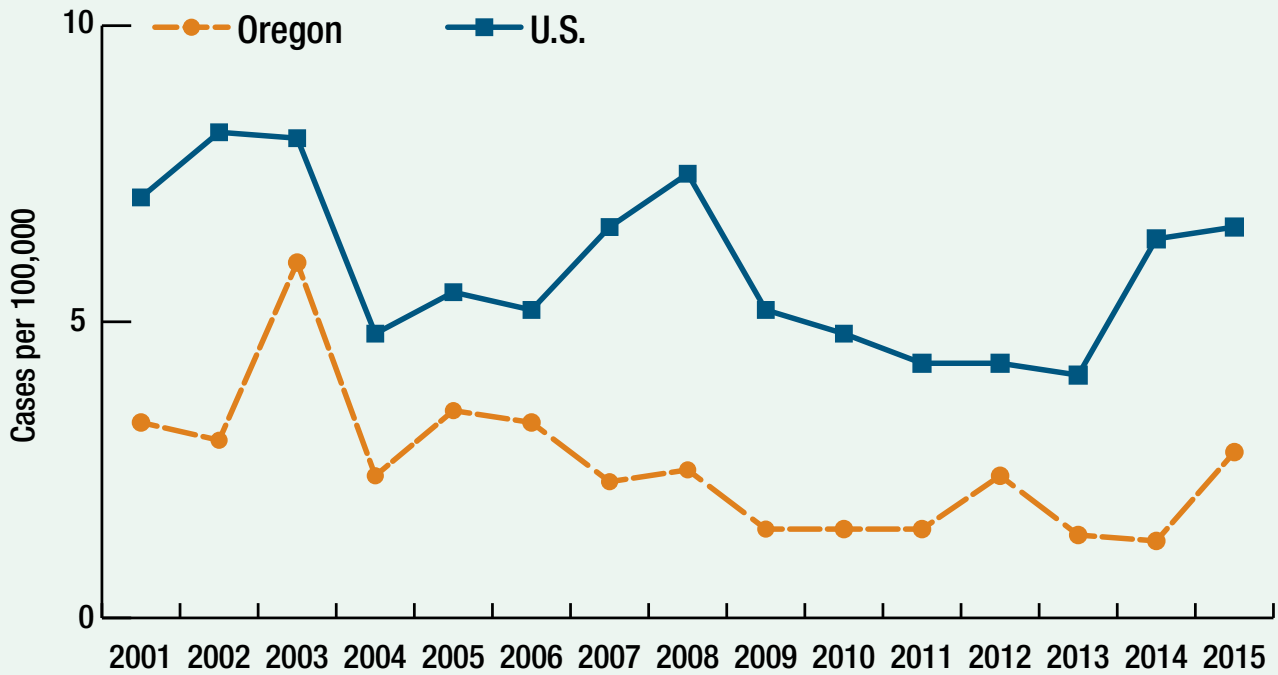
Shigellosis by onset month: Oregon, 2015



Incidence of shigellosis by age and sex: Oregon, 2015

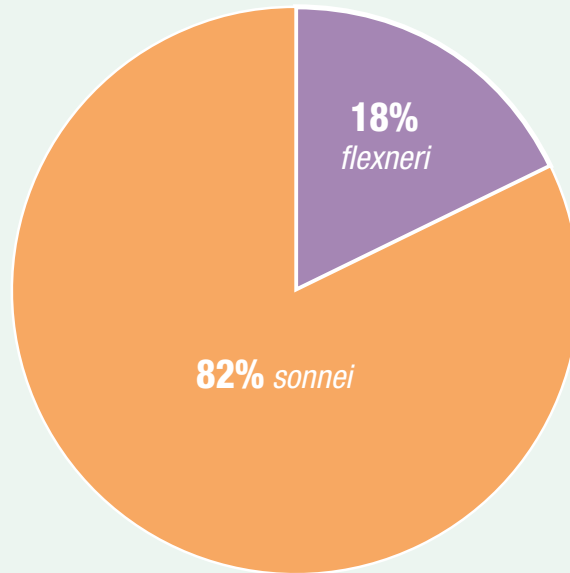


Incidence of shigellosis: Oregon vs. nationwide, 2001–2015

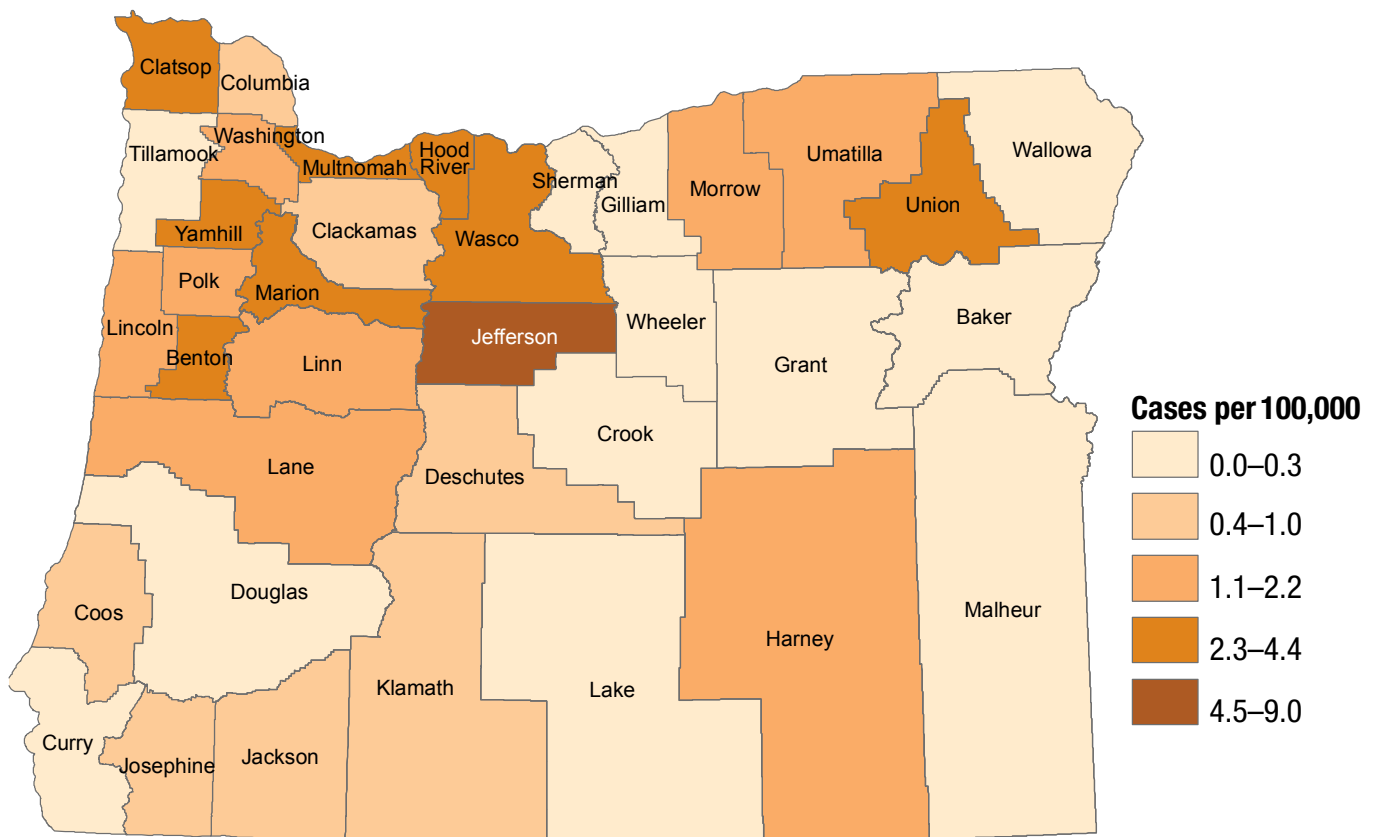


Oregon	3.3	3.0	6.0	2.4	3.5	3.3	2.3	2.5	1.5	1.5	1.5	2.4	1.4	1.3	2.8
U.S.	7.1	8.2	8.1	4.8	5.5	5.2	6.6	7.5	5.2	4.8	4.3	4.3	4.1	6.4	6.6

Shigellosis by species: Oregon, 2015



Incidence of shigellosis by county of residence: Oregon, 2006–2015



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.