

Shigellosis

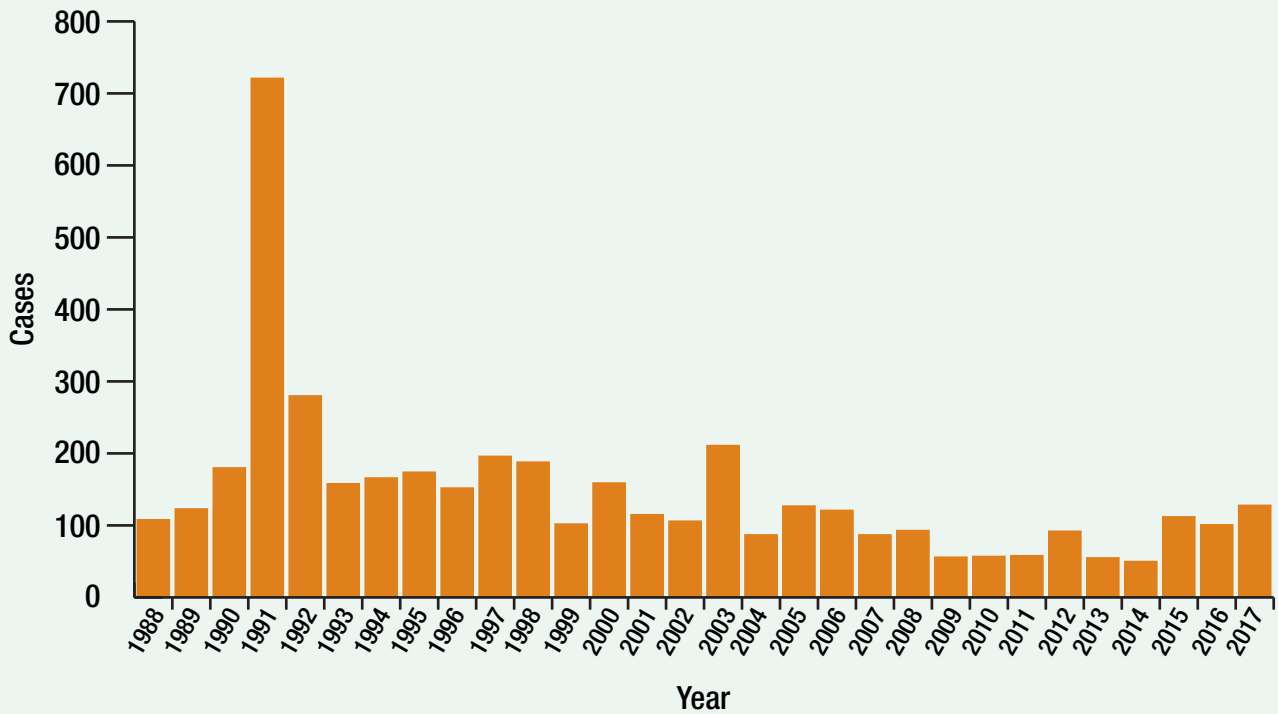
Shigellosis is an acute bacterial infection characterized by (sometimes bloody) diarrhea, vomiting, abdominal cramps and, often, fever. In Oregon, shigellosis is typically caused by *S. sonnei* or *S. flexneri*. The other species — *S. boydii* and *S. dysenteriae* — are more common in developing countries. 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. Ten cases of *Shigella sonnei* were part of an outbreak associated with travel to Costa Rica.

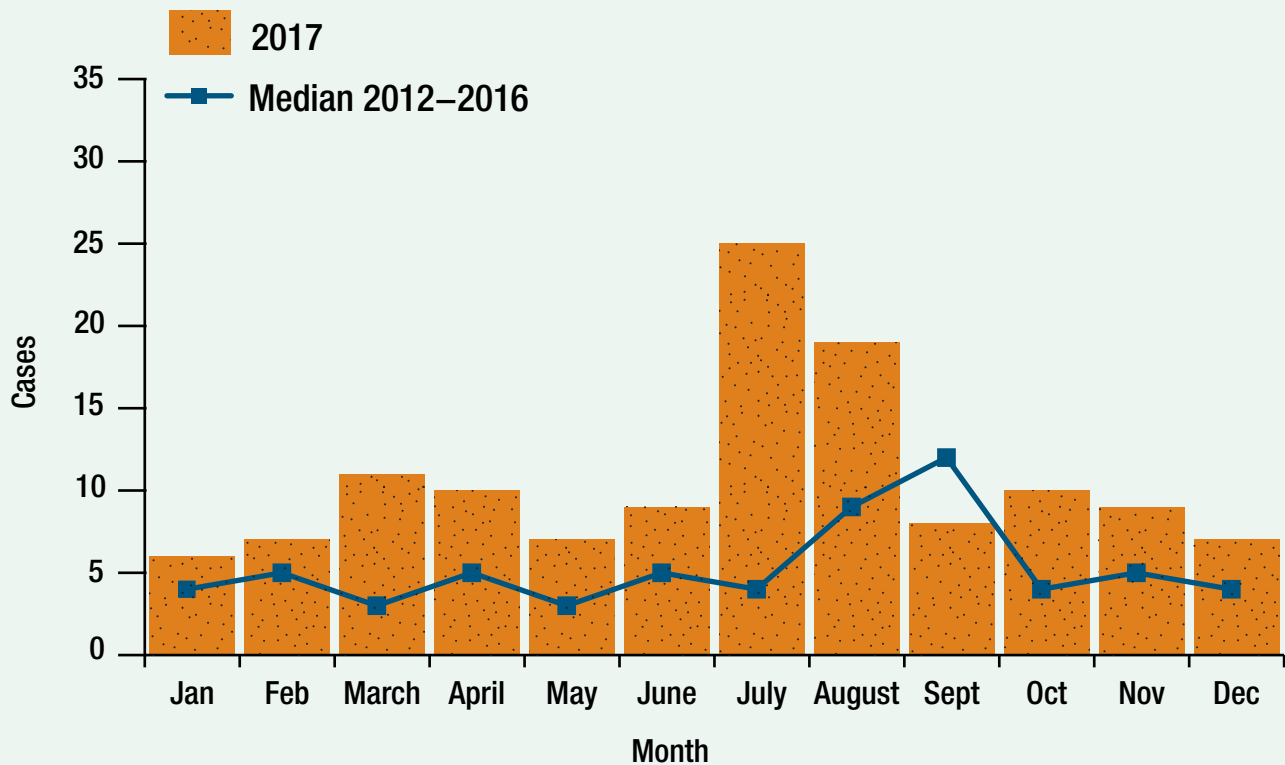
After a historic low of 50 cases in 2014, the number of cases jumped to 112 in 2015; 101 in 2016, and 128 in 2017.

Of the 128 cases, 44 were *S. sonnei* and 24 were *S. flexneri*.

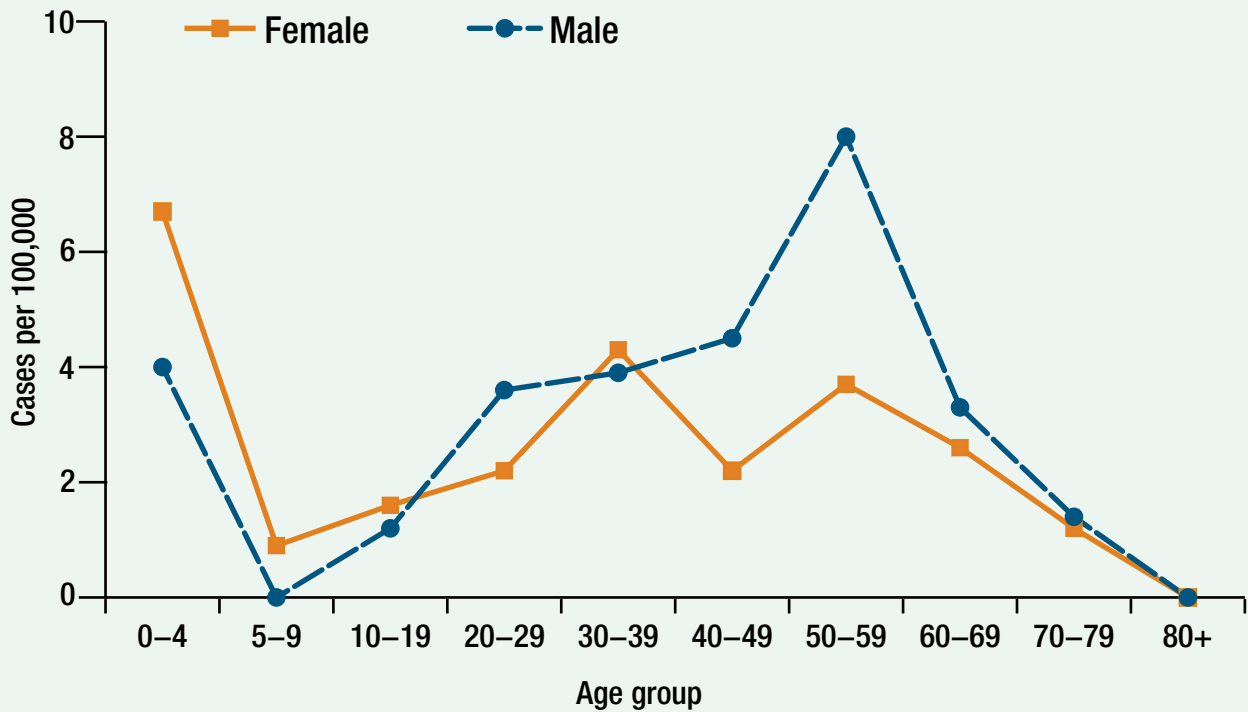
Shigellosis by year: Oregon, 1988–2017



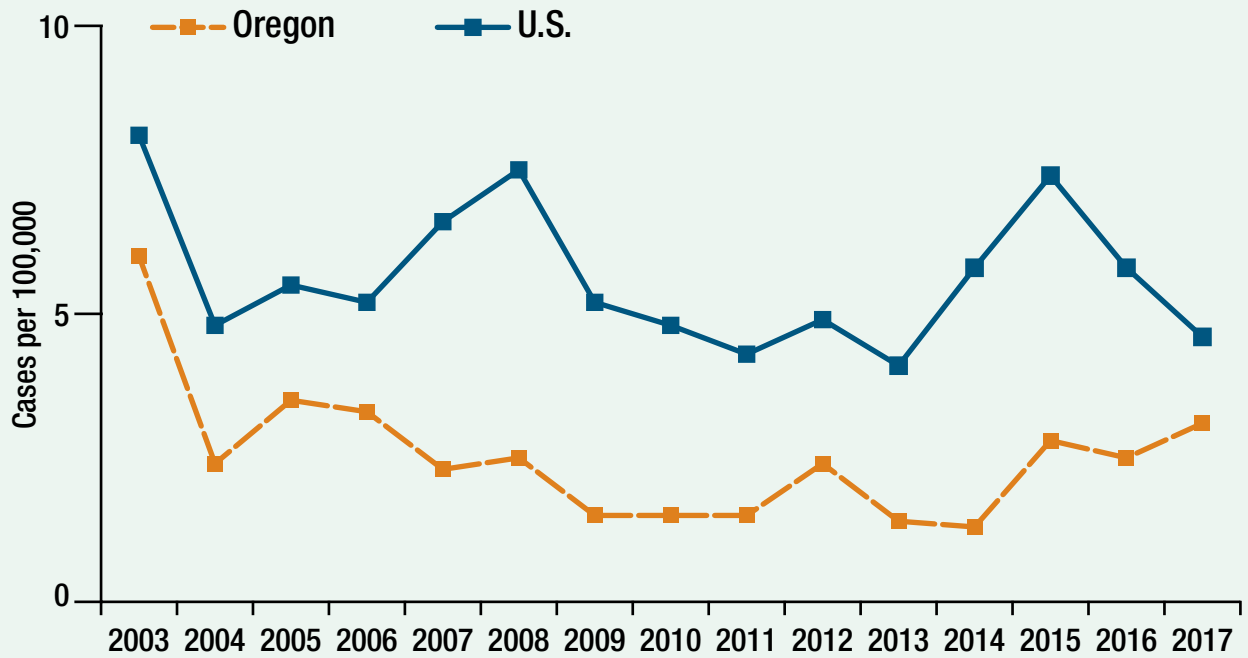
Shigellosis by onset month: Oregon, 2017



Incidence of shigellosis by age and sex: Oregon, 2017

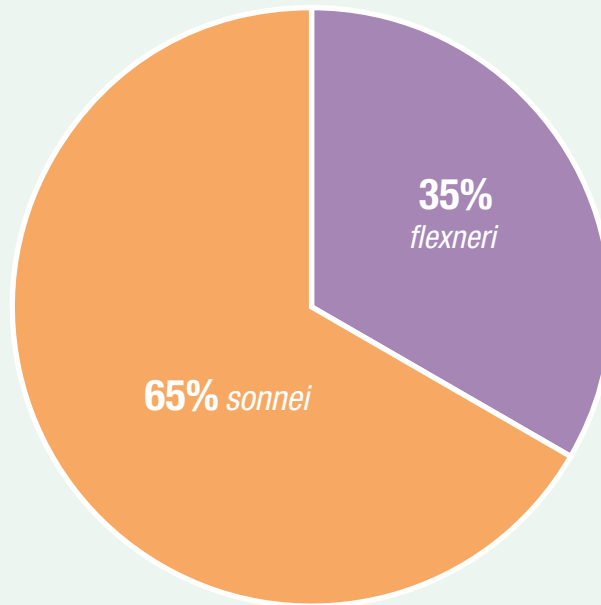


Incidence of shigellosis: Oregon vs. nationwide: 2003–2017

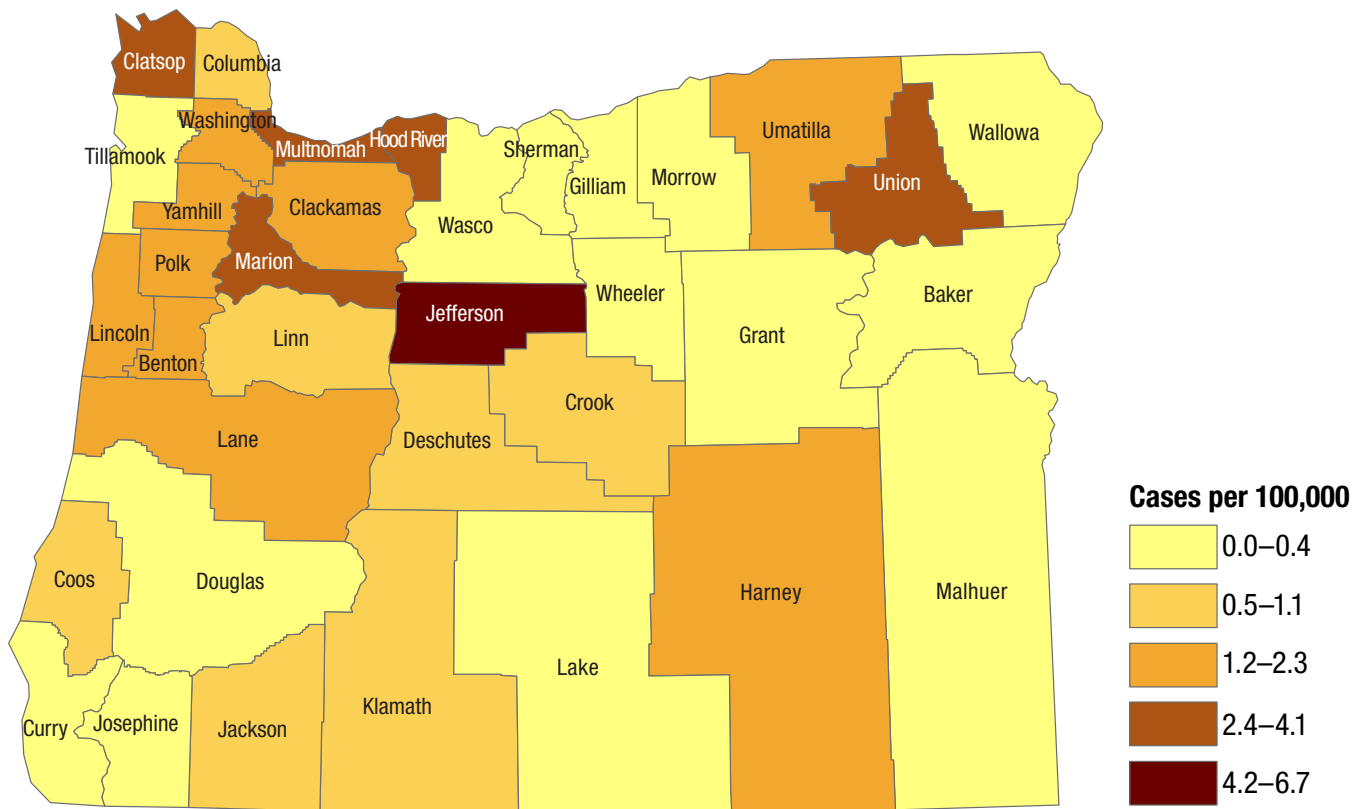


Oregon	6.0	2.4	3.5	3.3	2.3	2.5	1.5	1.5	1.5	2.4	1.4	1.3	2.8	2.5	3.1
U.S.	8.1	4.8	5.5	5.2	6.6	7.5	5.2	4.8	4.3	4.9	4.1	5.8	7.4	5.8	4.6

Shigellosis by species: Oregon, 2017



Incidence of shigellosis by county of residence: Oregon, 2008–2017



Prevention

- Wash hands with soap and warm water carefully and frequently, especially after going to the bathroom or after changing diapers and before preparing food or beverages.
- Properly dispose of soiled diapers.
- 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.