



NEWS RELEASE

FOR IMMEDIATE RELEASE

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INCREASED OCCURRENCE OF SHIGELLOSIS PROMPTS CALL FOR GOOD HYGIENE

The Saginaw County Department of Public Health encourages residents to practice good hand washing techniques to help stop a recent countywide increase in confirmed Shigellosis cases.

What is Shigellosis?

Shigellosis is a disease caused by bacteria (*Shigella*) that infect the intestines. This is one of the easiest germs to give to others because it only takes a few bacteria to make someone ill.

What are the symptoms?

Symptoms of Shigellosis usually start 1 to 3 days after infection with the bacteria and last 4-7 days, or longer if left untreated. These symptoms can include:

- Stomach ache
- Fever
- Diarrhea that may contain blood and mucus
- Nausea/vomiting
- Constant pressure to have a bowel movement.

How is it spread?

Shigellosis is spread to others when infected people do not wash their hands after using the bathroom or after changing a diaper of a child with the illness. The bacteria may spread for 4 weeks after the illness.

How is it prevented?

- Wash your hands **OFTEN!** Wash your hands several times throughout the day, especially before preparing food and eating, and after using the bathroom or changing diapers.
- Wash your hands **WELL!** Wash your hands vigorously with warm running water and soap, using friction for at least 20 seconds and dry with paper towel.
- Keep your surfaces **CLEAN!** Surfaces (particularly in the bathroom) and objects that could be contaminated can be disinfected with a freshly prepared solution of chlorine bleach (1 part) and water (9 parts). Chlorine bleach used for the solution should have a

sodium hypochlorite active ingredient of at least 5.25%.

For more information on Shigellosis visit the Health Department's web site at www.saginawpublichealth.org and click on "Shigella" under Hot Topics. Be Wise. Be Well.

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