



Communicable Disease Prevention and Control
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EXPOSURE NOTICE: *SHIGELLA*

Date Issued: _____

Dear Parent, Legal Guardian, or Staff:

Students and staff may have been recently exposed to ***Shigella***. We are providing the information below so you know what steps you can take to protect yourself and others. This information does not replace talking with your doctor if you become sick. ***If you or your child have symptoms, please seek diagnosis and treatment from a healthcare provider as soon as possible.***

SHIGELLA: A bacteria that causes diarrhea. This illness spreads very easily and can be serious. If you are sick, you may need to stay home from work/school/group care until you are cleared to return by the Public Health Department (PHD).

What are the symptoms? Diarrhea that may contain blood or mucus, fever, and/or stomach pain.

How is it spread? Eating or drinking contaminated food or water. Touching items contaminated with the feces (poop) of a person that has this illness.

When do symptoms start? 1 to 7 days after exposure to the bacteria.

Do staff or children need to stay home if symptoms develop? Yes.

When can staff or children go back to work, school, or childcare?

- Certain staff (food, healthcare, or childcare staff) and some children (5 years of age and under, OR over 5 and need toileting assistance) who have a shigellosis infection may be **restricted** from work/school/group care by the PHD. This means they can go back only when their stool is tested by the PHD Laboratory confirming no bacteria or toxins are found.
- Staff and children who are **not restricted** by the PHD can go back when they have been symptom free for at least 48 hours without medication.

For additional information, visit [cdc.gov/shigella](https://www.cdc.gov/shigella).

Good handwashing before preparing or eating food and after using the toilet or changing diapers prevents spread of this disease.