

Shigellosis



Infectious Disease
Epidemiology &
Prevention Division

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What is Shigellosis?

Shigellosis is a diarrheal illness caused by *Shigella* bacteria. The bacteria is passed through stool (poop) and people become infected by having contact with stool from an infected person. The bacteria is found mainly in humans and the infection is very easily passed person to person.



Why do I need to stay home?

- Resting at home allows your body to recover
- To protect vulnerable populations from getting sick
- Shigellosis is contagious while symptomatic, and can spread easily from person to person without proper handwashing

If you work in or visit a high-risk setting, extra exclusions may apply



School attendee

Indiana code requires the following before returning to school:

- Received education on how to prevent this illness at home and at school **and**
- Exclude until one of the following has occurred:
 - Staying home until symptoms stop for more than 24 hours **or**
 - Prescribed treatment has been started for at least 48 hours **or**
 - Have one negative stool sample for *Shigella* species at least 48 hours after completion of prescribed treatment.



Childcare

Indiana code requires the following before returning to work or attending childcare:

- Received education on how to prevent this illness at childcare and at work **and**
- Exclude until one of the following has occurred:
 - Stay home until symptoms stop for more than 48 hours **or**
 - Prescribed treatment has been completed **or**
 - Have one negative stool sample for *Shigella* species collected 48 hours after completion of prescribed treatment.



Healthcare and long-term care facilities

Indiana code requires all of the following before returning to work:

- Receiving education on how to prevent this illness at home and at work **and**
- Exclude until one of the following has occurred:
 - Staying home until symptoms stop for more than 24 hours **or**
 - One negative stool sample for *Shigella* species at least 48 hours after completion of prescribed treatment

For more information, visit the Indiana Department of Health Shigellosis webpage.



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Aquatic venues (e.g., swimming pools, whirlpool spas, wading pools, water parks, interactive fountains, lakes)

Indiana code requires the patient to be excluded from aquatic venues until:

- Symptoms stop for longer than two weeks



Food service

Indiana code requires the following before returning to work:

- **Exclude from duties involving direct food handling until the following has occurred:**
 - Received education on how to prevent this illness at home and at work, such as handwashing, **and**
 - Symptoms stop for more than 24 hours **and**
 - One of the following has occurred:
 - Two consecutive stool samples are negative for *Shigella* species collected 24 hours apart and at least 48 hours after cessation of prescribed treatment **or**
 - Symptom free for at least seven days **or**
 - If no symptoms developed, seven days or greater have passed since diagnosis
- **You may need to contact your local health department for additional guidance.**

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