

For more information on Shigella or to report individuals with vomiting, diarrhea or fever associated with food consumption, contact:
Email: fhdepi@sdcounty.ca.gov
Phone: (858) 505-6814
Website: www.sdcdehq.org



SHIGELLA INFECTION PREVENTION & CONTROL

Shigellosis typically occurs directly or indirectly by fecal–oral contamination. Most Shigella infections are spread by stool or soiled fingers of an infected person to another person via direct contact or from ingesting contaminated food or water.

The most important step in preventing viral, bacterial, and/or parasitic disease is to wash hands regularly and follow guidance below.

Handwashing

Thoroughly wash hands and arms with soap and warm water for at least 10 to 15 seconds; thoroughly rinse with clean, running water and properly dry their hands and arms. Pay particular attention to the areas underneath the fingernails and between the fingers.

Hand washing should occur in the following instances:

- After touching face, or other areas of bare skin including cuts or sores and after touching hair.
- After using the restroom.
- After cleaning the restroom.
- After touching animals.
- After coughing, sneezing, using a handkerchief or disposable tissue.
- After using tobacco, eating, or drinking.
- After handling soiled equipment or utensils.
- Immediately before, during, and after engaging in food preparation, including working with non-prepackaged food, clean equipment and utensils, unwrapped single-use food containers and utensils and before putting on disposable gloves
- After collecting and taking out the garbage.
- After touching soiled clothing, soiled wipe cloths, etc.
- After engaging in other activities that contaminate hands.

Preventing the Spread of Illness

- Practice diligent handwashing and good personal hygiene.
- Avoid preparing food for others when you are ill.
- Clean and disinfect public areas, such as restrooms (see reverse page).

Sanitizing Surfaces

- Note: Surfaces must be washed and rinsed before the sanitizing step.
- Use one of the following solutions:
 - 1) Contact with a solution of 100 ppm available chlorine solution for at least 30 seconds.
 - 2) Contact with a solution of 25 ppm available iodine for at least one minute.
 - 3) Contact with a solution of 200 ppm quaternary ammonium for at least one minute.
 - 4) Contact with any chemical sanitizer that meets the requirements of Section 180.940 of Title 40 of the Code of Federal Regulations when used in accordance with the manufacturer's use directions.

Specific Cleaning Methods for Human Waste

Cleaning Spills of Diarrhea, Vomit or Feces:

1. Use personal protective equipment (PPE), such as gloves, masks, and gowns to protect yourself and your clothes from contamination.
2. Block-off area immediately.
3. Clean up visible debris using disposable absorbent material (paper towels or other disposable cloths) and minimize aerosols.
4. Discard soiled items carefully in an impervious plastic bag.
5. Liberally clean and disinfect area and objects surrounding the contamination with an appropriate disinfectant.
6. Take off gloves, gown, and mask, in that order, and discard before exiting contaminated clean-up area.
7. Place discarded PPE in an impervious plastic bag.
8. Re-glove and transport bag to a secure trash container; do not allow the bag to touch your clothing.
9. Always wash your hands after handling any contaminated material, trash, or waste.

General Public Health Guidelines

What to do if you think you have been exposed to the shigella bacteria?

- Anyone with symptoms of shigellosis should contact their health care provider for diagnosis and treatment. Careful attention to handwashing with soap and water is the single most important action to decrease spread of Shigella.
- Review the CDC Shigella [fact sheet](#) that provides more information on shigellosis, including the signs and symptoms, ways it spreads, and the time it takes to get sick after exposure to the germ.
- To report an ill food handler or if you have questions regarding foodborne illness, please contact our Epidemiology Liaison at fhdepi@sdcounty.ca.gov or (858) 505-6814.
- **If you have general questions regarding the shigellosis outbreak, please contact the County of San Diego – Human and Health Services Agency (HHS) at (619)-692-8499.**