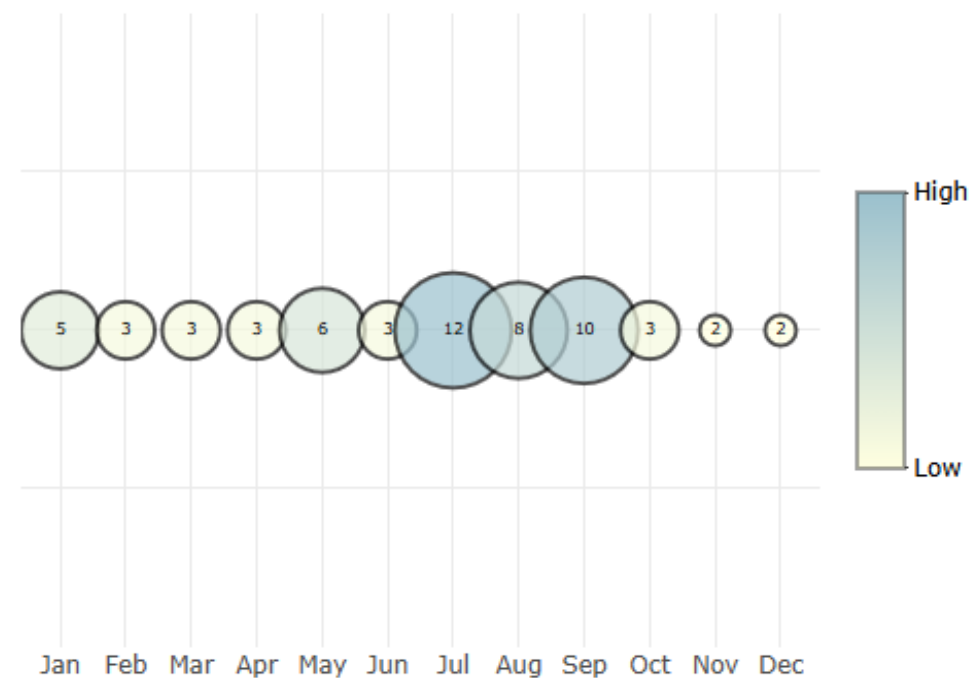


# Shigellosis

## Seasonality

Shigellosis does not have a marked seasonality, likely reflecting the importance of person-to-person transmission.

Total Cases Reported Per Month in SWDH(2017–2024)



## Causative Agent

Shigellosis is a bacterial infection caused by *Shigella* species. These Gram-negative bacteria are highly infectious and cause diarrheal illness worldwide.

## Mode of Transmission

*Shigella* spreads through the fecal-oral route and requires a very low infectious dose to cause illness.

Common transmission methods include:

- Consuming contaminated food or water
- Direct person-to-person contact, especially in households, childcare centers, and healthcare facilities
- Touching contaminated surfaces and then touching the mouth
- Sexual transmission, particularly among men who have sex with men (MSM)

## Symptoms

Symptoms typically appear 1 to 3 days after exposure and last about a week. Common symptoms include:

- Watery or bloody diarrhea (dysentery)
- Abdominal cramps
- Fever
- Nausea and vomiting
- Tenesmus (a frequent feeling of needing to pass stool)
- Dehydration in severe cases
- Complications may include hemolytic uremic syndrome (HUS) with *S. dysenteriae* infections, reactive arthritis, or bloodstream infections in immunocompromised individuals.

## Exposure Sources and Risk Factors

- Contaminated food and water, especially raw vegetables, salads, and unclean drinking water
- Crowded settings such as daycare centers, schools, prisons, and refugee camps
- Poor sanitation and hygiene, including inadequate handwashing
- Sexual contact involving fecal-oral exposure
- Risk factors include young children, travelers to endemic regions, immunocompromised individuals, and those living in areas with poor sanitation.

## Preventive Measures

Preventing Shigellosis requires strict hygiene and sanitation practices:

- Frequent and thorough handwashing with soap and water
- Avoiding contaminated food and water, especially in areas with poor sanitation
- Proper food handling, cooking, and refrigeration
- Safe sexual practices to reduce fecal-oral transmission
- Prompt isolation of infected individuals in healthcare and childcare settings

By following these preventive measures, the spread of Shigellosis can be controlled.