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SAN JOAQUIN COUNTY REPORTS INCREASE IN SHIGELLA *PROPER HANDWASHING URGED TO PREVENT SHIGELLA INFECTIONS*

STOCKTON (July 28 2015) – San Joaquin County Public Health Services (PHS) reminds and encourages people to wash their hands and stay home from work or school if they have diarrhea. This recommendation is even more important following an increase in the number of people reported to PHS during 2015 with Shigella infections. Shigella infection has been confirmed in 66 people so far this year in San Joaquin County; historically only about 10 cases of Shigella infection are confirmed annually.

Shigellosis is a highly infectious disease caused by a group of bacteria called Shigella. People infected with Shigella may have stomach cramping, mild or severe diarrhea, often with traces of blood or mucus in the stool and fever. Some infected people may not show any symptoms. Symptoms occur from 1-7 days after exposure, but usually within 1-3 days. Symptoms last an average of 4-7 days.

Most Shigella infections are the result of bacteria passing from improperly washed hands of one person to the mouth of another person, often through handling contaminated objects or food. Poor hand washing and hygiene (especially after changing diapers or toileting) increases the risk of infection. Shigella infections are particularly likely to occur among toddlers who are not fully toilet-trained. Family members and playmates of such children are at high risk of becoming infected.

“Regular and frequent hand washing with soap and running water is the single most important preventive measure to interrupt the spread of shigellosis,” said Dr. Julie Vaishampayan, Assistant Public Health Officer. “Everyone should thoroughly wash their hands after using the restroom or changing diapers and before eating or preparing food. People diagnosed with Shigella infection should be especially vigilant in their hand washing practices.”

Persons with any diarrheal illness should stay home from child care, school or group activities, and should not participate in jobs involving food preparation or healthcare until their diarrhea has resolved. Routine and thorough hand washing and cleaning of surfaces in the above settings is important to limiting the spread of the disease.

Healthcare providers are required to report Shigella infections to Public Health Services. PHS is following up with each diagnosed person to help minimize the risk of spreading the infection to

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friends, family, and other contacts. People who experience diarrhea for more than two days should see their healthcare provider and ask about being tested for Shigella. This is especially true for people who had contact with someone diagnosed with Shigella. Antibiotics can be prescribed to treat shigellosis and also decrease the time a person can pass the infection to others.

Washing hands prevents disease!

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Attachments: "Stop Germs! Stay Healthy! Wash Your Hands" CDC flyer in English and Spanish

Stop Germs! Stay Healthy! Wash Your Hands

WHEN?

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After using the toilet
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage

HOW?

- **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
- **Lather** your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.
- **Scrub** your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
- **Rinse** hands well under clean, running water.
- **Dry** hands using a clean towel or air dry them.

Keeping hands clean is one of the most important things we can do to stop the spread of germs and stay healthy.



For more details on handwashing, visit CDC's Handwashing Website at www.cdc.gov/handwashing



¡Detenga los microbios! ¡Manténgase sano! Lávese las manos

¿CUÁNDO?

- Antes, durante y después de preparar la comida.
- Antes de comer.
- Antes y después de atender a alguien que esté enfermo.
- Antes y después de tratar una cortadura o herida.
- Después de usar el baño.
- Después de cambiarle los pañales a un niño o limpiarlo después de que haya ido al baño.
- Después de sonarse la nariz, toser o estornudar.
- Después de tocar animales, sus alimentos o excrementos.
- Después de manipular alimento o golosinas para mascotas.
- Después de tocar basura.

Mantener las manos limpias es una de las cosas más importantes que podemos hacer para detener la propagación de los microbios y mantenernos sanos.

¿CÓMO?

- **Mójese** las manos con agua corriente limpia (tibia o fría) y enjabónelas después de cerrar el grifo.
- **Frote** sus manos con el jabón hasta que haga espuma. Asegúrese de enjabonar las manos enteras: el dorso, entre los dedos y debajo de las uñas.
- **Restriegue** las manos durante al menos 20 segundos. ¿Necesita un reloj? Tararee dos veces la canción del "Feliz cumpleaños" de principio a fin.
- **Enjuáguese** bien las manos con agua corriente limpia.
- **Séqueselas** con una toalla limpia o al aire libre.



Para obtener información más detallada sobre el lavado de manos, visite el sitio web de los CDC sobre este tema www.cdc.gov/handwashing

