

Shigellosis

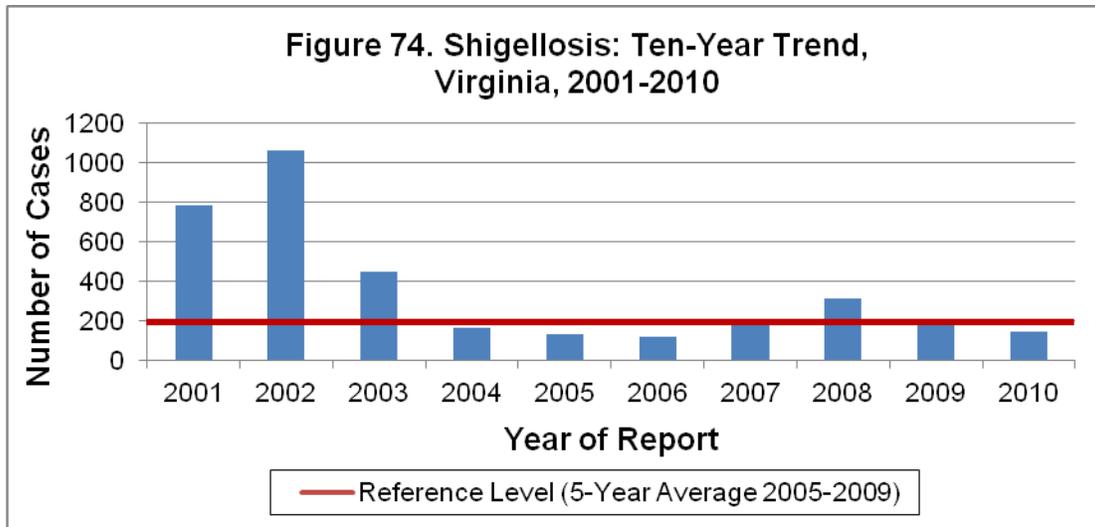
Agent: *Shigella* (bacteria)

Mode of Transmission: Primarily person-to-person transmission when the bacteria are passed from the stool of an infected person to another person through direct contact. Additionally, contact with a contaminated inanimate object, ingestion of contaminated food or water and sexual contact may spread the disease.

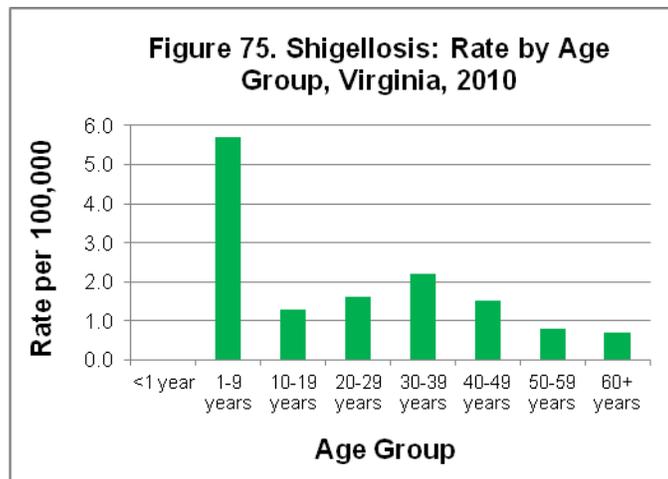
Signs/Symptoms: Diarrhea ranging from watery and loose to mucoid with or without blood, fever and sometimes nausea, vomiting, abdominal cramps and painful straining while defecating. Mild and asymptomatic infections can also occur.

Prevention: Proper hand hygiene is essential to limit transmission. Additional control measures include improved sanitation, chlorination of drinking water, proper cooking and storage of food, the exclusion of infected persons as food handlers and measures to decrease contamination of food by houseflies.

During 2010, 145 cases of shigellosis were reported in Virginia. This represents a 27% decrease from the 198 cases reported in 2009, and a 25% decrease from the five-year average of 192.4 cases per year (Figure 74).



The 1-9 year age group had the highest number of cases and the highest incidence (54 cases, 5.7 per 100,000). Incidence among the other age groups ranged from 0.7 to 2.2 per 100,000, with no cases reported from infants <1 year of age (Figure 75). Race data were missing for 54% of reported shigellosis cases. Among cases with race information, incidence rates in



the black and white populations were similar (1.0 and 0.8 per 100,000, respectively). The incidence of shigellosis was similar among males and females (1.9 and 1.7 per 100,000, respectively).

By region, the northern region had the highest incidence (3.4 per 100,000). Rates among the other regions ranged from 0.9 to 1.9 per 100,000. Although there is monthly variation, onset dates show a general pattern of more disease in warmer months than in cooler months (Figure 76). One outbreak attributed to *Shigella* was reported during 2010. The outbreak was reported from the northwest region and involved eight cases in a daycare setting.

