

Shigella Outbreak Response Guide

Shigella is a group of bacteria that causes an illness called *Shigellosis*. *Shigella* bacteria are found in the stool of sick people and lasts 1-2 weeks after recovering from the illness.



What are common signs and symptoms?

Signs and symptoms usually start 1 to 3 days after exposure to the bacteria and can last up to a week.
Do not return to work until you are symptom-free for 24-72 hours without use of medications.



Diarrhea



Nausea & vomiting



Stomach pain



Fever

How can *Shigella* spread in the kitchen?



Inadequate cooking or reheating of foods



Foods from unapproved sources



Improper temperatures



Not washing hands with soap & hot water for 10-20 seconds

What foods are commonly associated with *Shigella*?



Salads



Turkey & deli meats



Raw oysters



Milk



Any foods an infected food handler touched

What to do if you think your restaurant has an outbreak?



Notify SNHD at outbreakresponse@snhd.org



Do not work while sick. Screen workers for illness before they clock in & send sick employees home immediately.



Track & log employee illness, including vomiting & diarrheal incidents.



Deep clean & disinfect the kitchen & high-touch surfaces including door handles & restrooms.



Consider reducing menu or temporarily closing until the source of the illnesses is eliminated.