

About Shigella

- Shigella spreads when the bacteria from an infected person’s stool (poop) is ingested through the mouth. It can be spread through contaminated water, food, surfaces and objects (such as sharing a cigarette or touching a doorknob contaminated by someone infected with Shigella).
- The virus is commonly spread in food establishments.
- Symptoms include diarrhea, abdominal pain, and fever.
- Special attention to cleaning and disinfecting is necessary to prevent the spread of Shigella.

How to prevent the spread of illness

Always wash your hands and fingernails for at least 20 seconds with soap and water—especially after using the restroom, and always before eating, preparing or handling food. Do not prepare food for others when sick.

Food workers should stay home when sick and for at least 24 hours after diarrhea stops. Before returning to work, Spokane Regional Health District requires food workers to have two negative stool tests.

How does Shigella contaminate food?

Shigella can contaminate food when infected people who have microscopic amounts of stool on their hands touch the food or food is placed on counters or surfaces that have infectious stool on them.

Foods can also be contaminated at their source. For example, oysters that are harvested from contaminated water may contain Shigella bacteria.

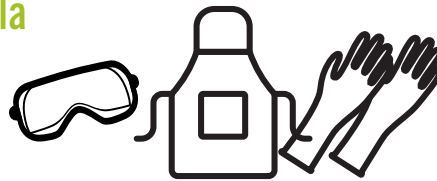
Are some food sources more likely to be contaminated?

Any food can be contaminated with Shigella bacteria if it touches a contaminated surface or if it is touched by an infected person with contaminated hands.

How to Use Bleach to Disinfect for Shigella

Use bleach + water to kill Shigella

Most cleaning products kill Shigella. If you are not sure if a cleaning product is effective against Shigella, use bleach. Always mix bleach with water (*see mix instructions on next page*).



Protect yourself from bleach: visit the Washington State Department of Labor and Industries (L&I) website for PPE guidance.



Open windows or use a fan to keep fresh air coming in.



Clean surfaces with soapy water and rinse thoroughly with water.



Wipe all surfaces with bleach mix to disinfect; let sit for 2 minutes.



Rinse with water and dry with paper towel or air dry.

Follow bleach disinfection with a standard wash, rinse and sanitize (50-200 ppm residual chlorine) procedure for all kitchen surfaces and utensils.

✓ SAFETY CHECK

Visit the *Washington State L&I website* for industry guidance on PPE and ventilation when using highly concentrated bleach solutions at lni.wa.gov/safety-health.

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HOW TO KILL SHIGELLA



Most cleaning products kill Shigella. To see if a product kills Shigella, read the label. It should say “effective against Shigella.” Follow instructions on the label.

Bleach does kill Shigella. Always mix bleach with water.



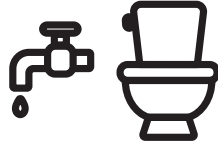
BLEACH MIX

Concentration=800-1000 ppm

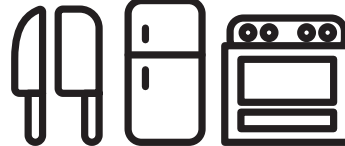
Mix ¼ cup bleach per gallon of cool water.

Don't save your bleach + water mix. It stops working after a few hours. Make up a fresh batch if the solution is visibly dirty.

Disinfect Surfaces That People Touch a Lot



All bathroom surfaces

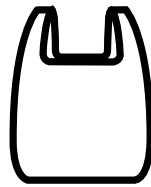


All kitchen surfaces, tables, chairs, and utensils



All door handles, railings, and light switches

Protect Yourself and Others When Cleaning Diarrhea



Remove diarrhea right away and dispose of contaminated materials in a plastic bag.



Use absorbent material, like kitty litter or baking soda, on fabric or carpets.



Do not vacuum.



Use paper towels and wash hands with soap and warm water after cleaning.



Machine wash clothing, linens and towels.

Facility Closure May Be Necessary

It may be necessary to close the facility to prevent further spread of illness and to allow adequate time to clean and disinfect.

What Do I Do If a Customer Calls to Report Illness?

- Obtain customer contact and meal information.
- Notify customer that this will be reported to SRHD.
- Contact SRHD at 509.324.1560 ext. 2 and provide the information.