

University of Nebraska - Lincoln

DigitalCommons@University of Nebraska - Lincoln

Historical Materials from University of
Nebraska-Lincoln Extension

Extension

1994

NF94-160 Shigella

Susan S. Sumner

Julie A. Albrecht

University of Nebraska--Lincoln, jalbrecht1@unl.edu

Follow this and additional works at: <https://digitalcommons.unl.edu/extensionhist>



Part of the [Agriculture Commons](#), and the [Curriculum and Instruction Commons](#)

Sumner, Susan S. and Albrecht, Julie A., "NF94-160 Shigella" (1994). *Historical Materials from University of Nebraska-Lincoln Extension*. 502.

<https://digitalcommons.unl.edu/extensionhist/502>

This Article is brought to you for free and open access by the Extension at DigitalCommons@University of Nebraska - Lincoln. It has been accepted for inclusion in Historical Materials from University of Nebraska-Lincoln Extension by an authorized administrator of DigitalCommons@University of Nebraska - Lincoln.

Shigella

By Susan S. Sumner, Extension Food Microbiologist
Julie A. Albrecht, Extension Food Specialist

- The Disease:** Shigellosis, also known as bacillary dysentery, is caused by several bacteria of the genus *Shigella*. Symptoms include diarrhea, abdominal pain, vomiting and fever. Generally, foodborne shigellosis involves a short incubation time (seven to 36 hours), but symptoms persist three to 14 days. As few as 10 to 100 organisms have been shown to cause illness. Secondary infections occur frequently. Recently, shigellosis has become a problem in day care centers.
- The Organism:** *Shigella* organisms are generally considered fragile. They are killed by heat used in processing or cooking, and they do not survive well in acidic foods (pH below 4.5).
- Sources:** Most outbreaks result from contamination of raw or previously cooked foods during preparation in the home or in food service settings. Often, the source of the contamination is traced to a carrier with poor personal hygiene. Foods implicated in foodborne illnesses include salads, lettuce, raw oyster, watermelon, spaghetti, beans, and hamburger.
- Control:** Infected food handlers are the most likely source of contamination of food by *Shigella*, so good personal hygiene is necessary to control the organism. Other control measures include use of properly treated water, sanitary disposal of sewage, and control of flies and rodents.
-

File NF160 under FOOD AND NUTRITION
F-15, Safety
Issued January 1994

Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Elbert C. Dickey, Director of Cooperative Extension, University of Nebraska, Institute of Agriculture and Natural Resources.

University of Nebraska Cooperative Extension educational programs abide with the non-discrimination policies of the University of Nebraska-Lincoln and the United States Department of Agriculture.