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PATIENT INSTRUCTION SHEET

**SALMONELLA & SHIGELLA**

Salmonella and Shigella are contagious bacterial infections that cause diarrhea. Fever is often present, as well as blood or mucus is in the stool, and crampy abdominal pain. These diseases are diagnosed by a stool culture.

**Salmonella** may come from contaminated water or food (eggs, poultry, meat products), and may even come from pets, such as turtles. It can also be spread by other people who have the disease.

**Shigella** comes from contaminated water.

**TREATMENT FOR SALMONELLA:**

Most patients with Salmonella DO NOT require antibiotics. When antibiotics are recommended in special situations, take them exactly as the doctor prescribed.

Antibiotic \_\_\_\_\_ Dose \_\_\_\_\_ Every \_\_\_\_\_ Hours for  
\_\_\_\_\_ Days

Everyone in the household, including the patient, must wash their hands carefully after using the bathroom and preparing food. If your child is in diapers, wash your hands thoroughly after each diaper change.

Anyone in the household who is employed as a cook or food handler must have a stool culture.

**TREATMENT FOR SHIGELLA:**

The doctor may prescribe an antibiotic, which will shorten the length of your child's illness.

Antibiotic \_\_\_\_\_ Dose \_\_\_\_\_ Every \_\_\_\_\_ Hours for  
\_\_\_\_\_ Days

Handwashing for all members of your family, including the patient, is very important to limit spread of the disease.

Your child will not be able to return to school or daycare until the diarrhea has stopped and the stool culture is negative for Shigella.

If you have any questions, please call.