



To: Emergency Medical Alert Network (EMAN) Participants

Date: September 1, 2006

Outbreak of Shigella Sonnei (Group D) Associated with a Restaurant

Three (3) laboratory-confirmed and seven (7) probable cases of Shigella Sonnei, Group D, have reported eating at a single Filibertos restaurant (3446 University Ave, just east of the 805) during the 5-day period of August 24–28, 2006. At this time, only one of five Filibertos restaurant locations has been associated with illness. The restaurant was closed yesterday while foodhandlers are being tested for Shigella.

Most cases experienced vomiting, diarrhea (some bloody) and fever (102-104 F) approximately 1-3 days after consuming a variety of Mexican food items at the restaurant. All 3 laboratory-confirmed cases were hospitalized; 2 had underlying medical conditions potentially contributing to symptom severity.

Healthcare providers are encouraged to 1) perform stool testing for Shigella in patients presenting with compatible symptoms, 2) send isolates identified as Shigella species to the San Diego County Public Health Laboratory (619-692-8500) for confirmation and PFGE typing, and 3) report confirmed cases of Shigellosis as soon as possible to the Community Epidemiology Branch.

Because the infective dose for Shigella can be as low as 10-100 organisms, secondary attack rates in households can be as high as 40%. It is extremely important that suspect and diagnosed cases of Shigellosis be educated about frequent hand washing with soap and water. Symptomatic cases should not be working in occupations such as food handling, child care or health care settings, and children with diarrhea should not attend daycare settings.

Health care providers should promptly report all laboratory-confirmed cases of Shigellosis. Suspect cases should also be promptly reported if they are symptomatic with diarrhea and they are 1) adults working in food handling, child care or health care, or 2) children in day care settings. Mandated public health clearance will likely be initiated in these cases. Thank you for your continued cooperation.

Emergency Medical Alert Network (EMAN)

County of San Diego, Health & Human Services Agency

Community Epidemiology Branch