



COUNTY OF SAN DIEGO NEWS RELEASE

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SHIGELLA OUTBREAK CLOSES SAN DIEGO RESTAURANT

Three confirmed Shigella cases in ongoing investigation of food-borne outbreak

San Diego County Health and Human Services Agency (HHSA) and San Diego County Department of Environmental Health (DEH) officials are investigating what appears to be a food-borne outbreak of ten people with symptoms of *Shigella*, which include fever, watery or bloody diarrhea, nausea, vomiting and abdominal pain.

The ongoing investigation has linked the ten illnesses to Filibertos restaurant 3446 University Avenue, San Diego (near the 805 Fwy). People may have been exposed to *Shigella* by eating at the establishment between Aug. 24 and Aug. 28. The restaurant was closed by DEH officials on Thursday, Aug. 31, and will remain closed until all violations have been addressed.

“This can be a very serious illness; three of these people were hospitalized,” said San Diego County Public Health Officer Nancy Bowen, M.D. “It is important that anyone who has eaten there since Aug. 24 and has the typical symptoms seek medical advice from their physician.”

Symptoms usually begin within two days of eating or drinking infected food items and usually last five to seven days. It is important that people wash their hands after using the bathroom as *Shigella* is very infectious.

“It is very important that anyone who may have been exposed and works in food handling, childcare or health care stay home from work until they have been seen by their physician, so they do not spread the illness,” said Bowen.

Although the outbreak has been traced to Filibertos, the exact food causing the outbreak has not yet been determined and is part of Community Epidemiology’s ongoing investigation.

HHSA has notified physicians throughout the county about the cases. For more information on *Shigella*, please visit the Centers for Disease Control and Prevention Web site, www.cdc.gov.

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