

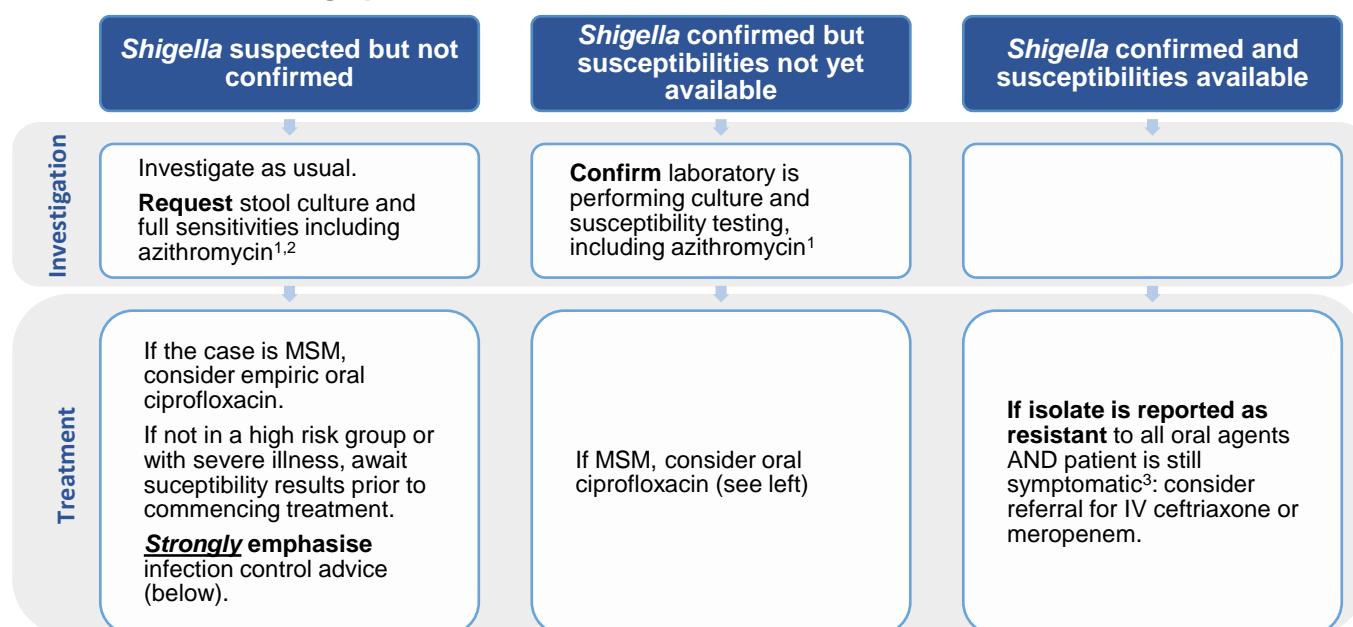
## Key Points:

1. A multidrug resistant (MDR) *Shigella* strain is circulating among men who have sex with men (MSM) in NSW
2. Request full sensitivities on stool specimens for MSM with diarrhoea
3. Consider oral ciprofloxacin antibiotics for MSM patients to reduce infectious period
4. Discuss the risk of MDR shigellosis and prevention with all MSM patients

## What is the issue?

- *Shigella* strains resistant to multiple antibiotics are circulating in NSW in people who were likely exposed through male-to-male sexual contact.
- Many isolates are resistant to cotrimoxazole, ampicillin/amoxicillin, azithromycin, AND ceftriaxone OR ciprofloxacin. To date all strains are susceptible to meropenem
- Full sensitivities should be requested for all patients with shigellosis.

## How should I manage patients?



Notes: 1. Not all laboratories perform azithromycin susceptibility testing. If required, this can be done at the NSW Health Pathology Enteric Reference Laboratory (ICPMR, Westmead); 2. PCR only is not recommended as this may delay the availability of full sensitivity results; 3. Commencing IV antibiotics in individuals whose symptoms have resolved is not recommended. They should be given advice on measures to reduce transmission (see below)

## Advice for symptomatic patients

- **Don't have sex** until no longer infectious (usually **1 week** after symptoms resolve).
- **Don't prepare food or drink** for others or share utensils, and don't provide personal care for others, share linen or towels.
- **Don't swim** in a pool until **24 hours** after the diarrhoea has stopped.
- **Wash hands often** and thoroughly, especially after using the bathroom and before eating.
- **Patients who work in high-risk jobs** for spreading *Shigella*, including food handlers and those who care for others, should not return to work until **48 hours** after their diarrhoea has stopped.

## Importance of contact tracing

Particular efforts should be made to trace contacts of those with MDR shigellosis to advise them of their exposure, educate about shigellosis and to seek medical advice if symptomatic. The NSW Sexual Health Info Link (1800 451 624/<http://www.shil.nsw.gov.au>) can assist, including with online contacts.