

Enteric Diseases

June 2024

Enteric diseases are intestinal illnesses caused by microorganisms like bacteria, viruses, and parasites. Mandatory reportable enteric diseases in Ohio include:

Bacteria	Viruses	Parasites
<ul style="list-style-type: none"> • <i>*Bacillus cereus</i> • Botulism • Campylobacteriosis (campy) • Cholera • <i>*Clostridium perfringens.</i> • Listeriosis • Shiga-toxin producing E. coli (STEC) • Salmonella Paratyphi Infection • Salmonella Typhi Infection • Salmonellosis • Shigellosis • <i>*Staphylococcus aureus.</i> 	<ul style="list-style-type: none"> • Hepatitis A (HAV) • <i>*Norovirus</i> 	<ul style="list-style-type: none"> • Amebiasis • Cryptosporidiosis (crypto) • Cyclosporiasis (cyclo) • Giardiasis • Vibriosis • Yersiniosis

*Only reportable when associated with an outbreak

Transmission

Depending on the disease, transmission may occur through:

- Consumption of contaminated food or untreated water
- Consumption of raw or undercooked meat or fish or unpasteurized milk, juice, or cider
- Poor hand hygiene after contact an infected person or animal such as changing diapers, petting sick animals, or picking up animal waste
- Swimming in contaminated water, especially if water is accidentally ingested
- Contact with contaminated surfaces or objects

Symptoms

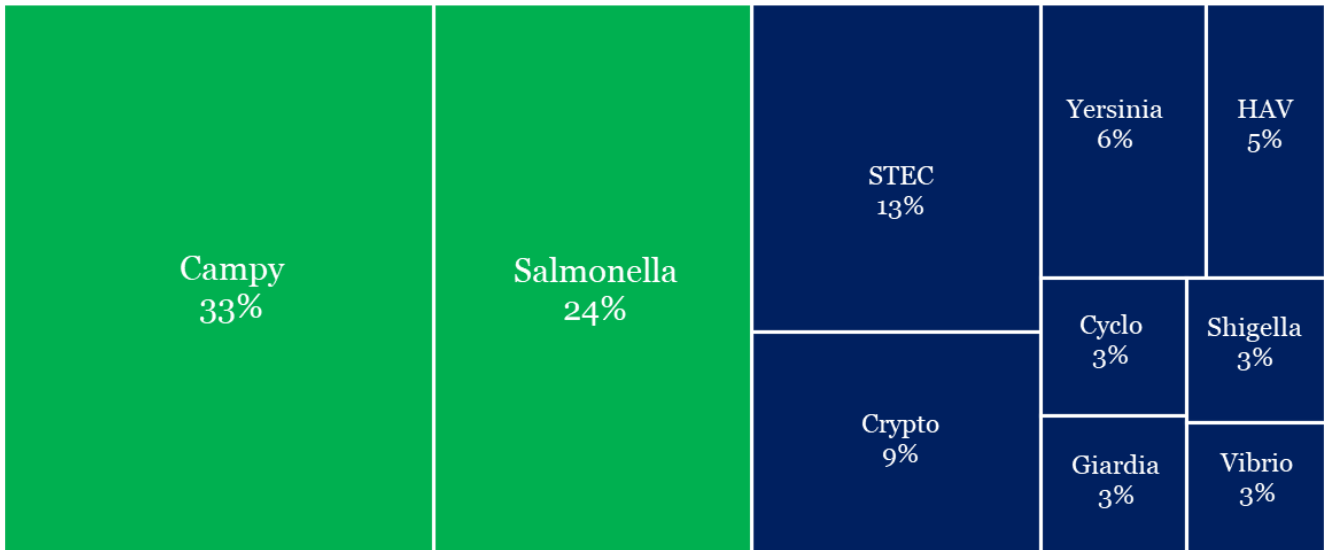
Depending on the disease, symptoms may occur as soon as a few hours after exposure to as much as 60 days following exposure. Most illnesses begin within one week from exposure.

The most common symptoms associated with enteric diseases include

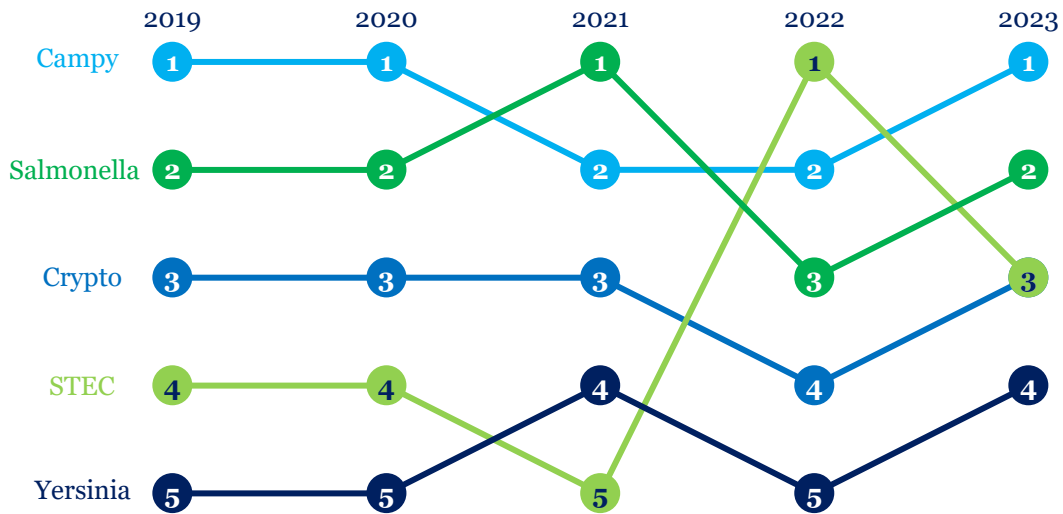
- Diarrhea (sometimes bloody)
- Vomiting
- Fever
- Headache
- Muscle aches
- Abdominal pain or cramping
- Nausea
- Weight loss
- Dehydration
- Fatigue

Wood County Facts

Campy and Salmonella are the **most** common enteric diseases in Wood County.

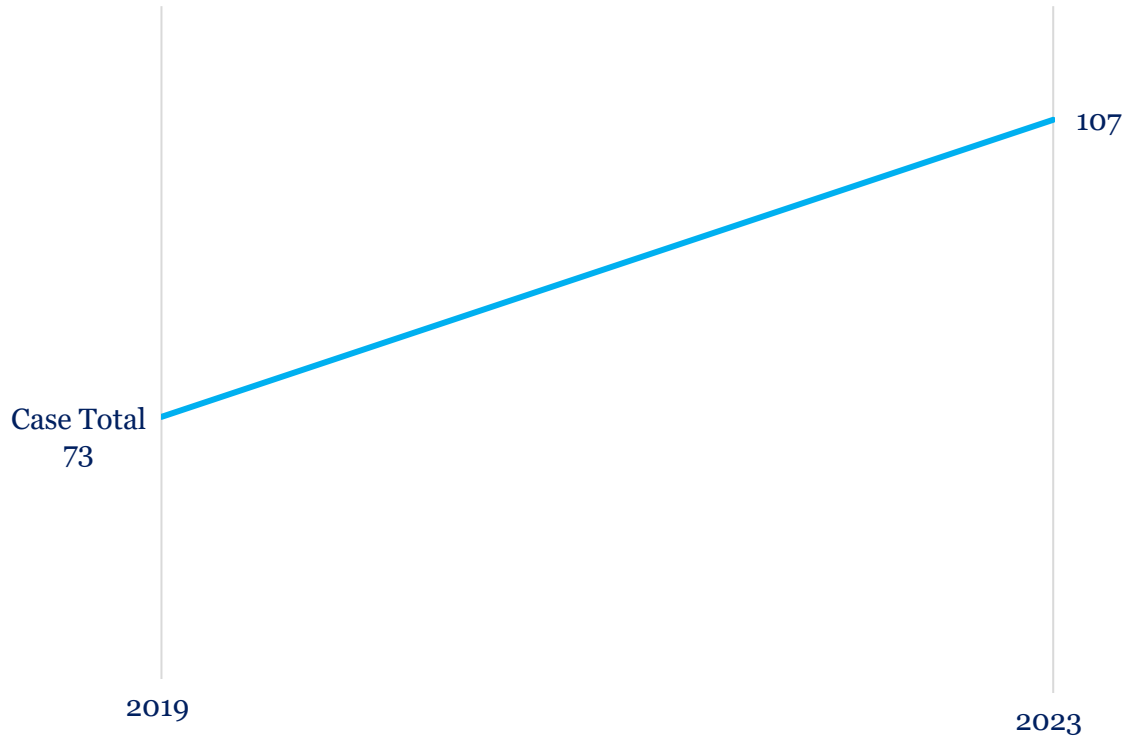


Since 2019, **campy** has been the **most** common enteric illness.

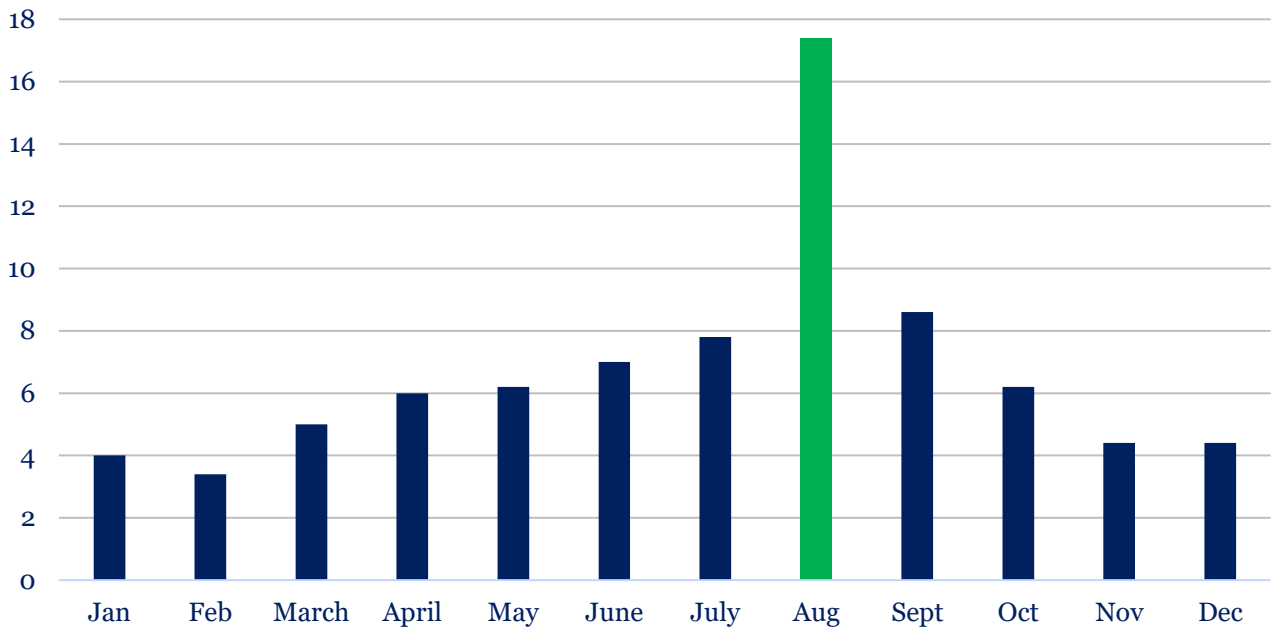


*STEC outbreak in 2022 caused a significant increase in STEC cases

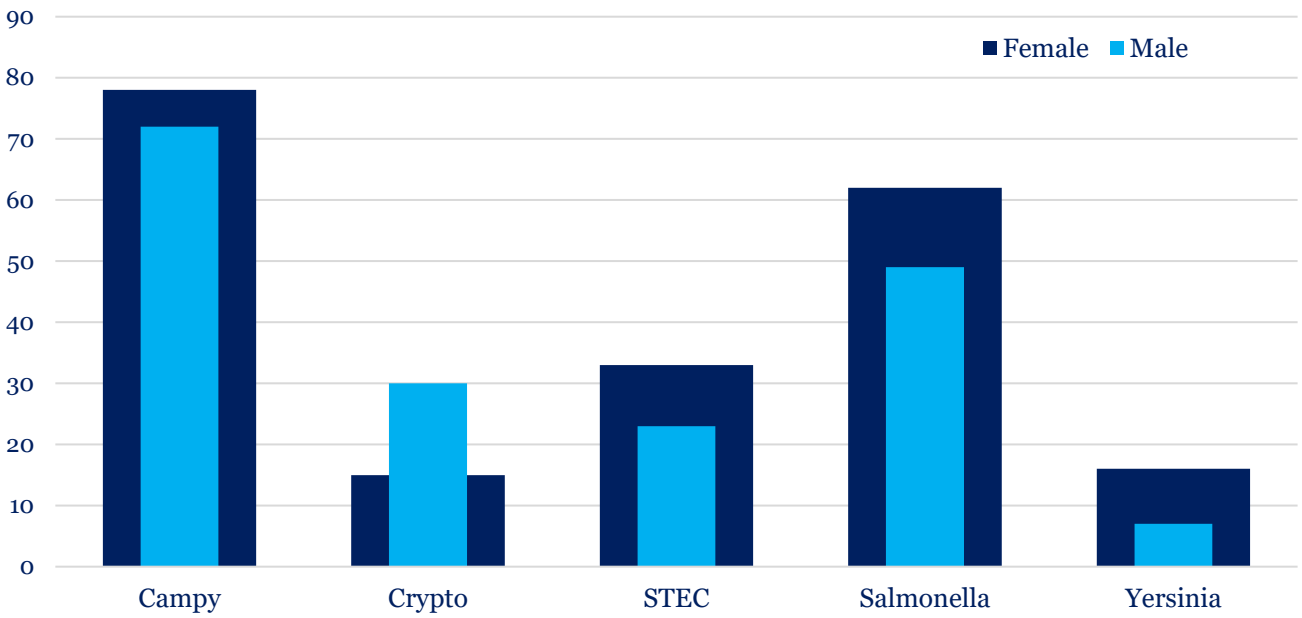
The number of Wood County enteric cases has **increased by 47%** since 2019.



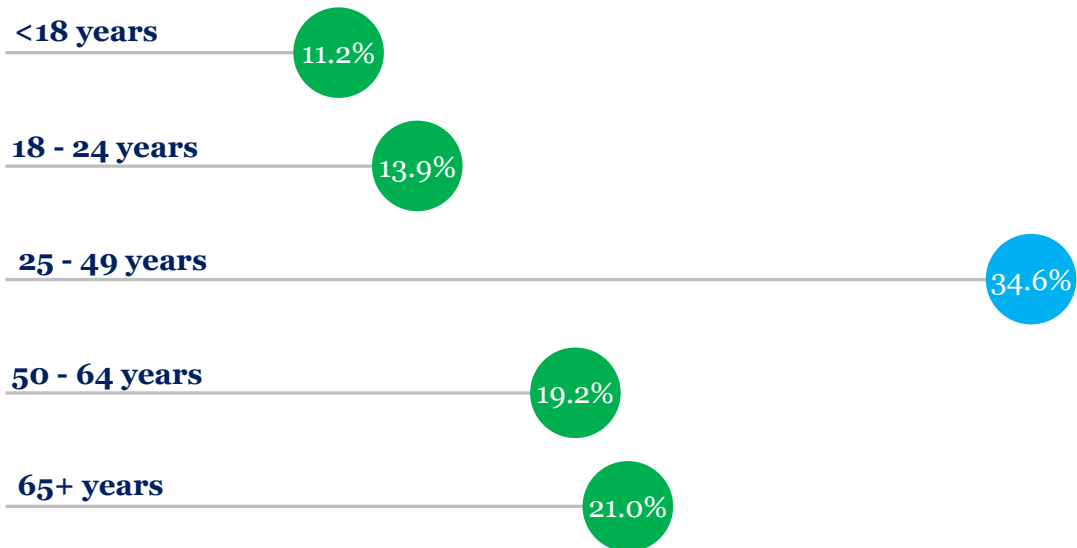
On average, enteric illnesses are the **highest in August**.



Wood County **females are more** often diagnosed with an enteric illness.



Enteric diseases were the **most** common among individuals between the ages of **25 to 49 years**.



Treatment

Most enteric diseases typically improve without the need for antibiotics, however, the key to recovery is staying hydrated. The CDC recommends avoiding antidiarrheal medications such as Imodium as they may prolong symptoms for certain diseases such as STEC, Shigella, Crypto, and Yersinia. It is important that you contact your healthcare provider with any treatment-related questions.

People who are ill with an enteric disease, may be required by [Ohio Administrative Code \(OAC\) 3701-3-13](#) to stay home from work or school. Wood County Health Department (WCHD) follows up with all enteric disease cases defined in the list of reportable diseases in Ohio. WCHD will discuss clinical history, potential cause of illness, and, if needed, any applicable work or school exclusion guidance. WCHD also follows up on foodborne illness reports via phone, [WCHD foodborne illness report survey](#), and reports from [iwaspoisoned.com](#).

Prevention

- Wash hands thoroughly with soap and water, especially during these times:
 - Before, during, and after preparing food
 - Before and after eating food
 - After using the bathroom or changing diapers
 - Before and after caring for someone who is sick or treating a cut or wound
 - After touching animals (including pets) and their environment or food
- Use hand sanitizer when soap and water are not available
 - Alcohol-based sanitizers are not effective against diseases like crypto
- Follow food safety practices
 - Wash fruits and vegetables
 - Avoid cross-contamination
 - Store food at proper temperatures
 - Cook food to the proper temperature
- To prevent further spread of illness, it is recommended that people do not swim if they have diarrhea. Depending on the diseases, it may be recommended to avoid swimming for at least two weeks after diarrhea has stopped.

Sources

1. [Center for Disease Control Food Safety Information](#)
2. [FoodSafety.gov](#)
3. [Ohio Administrative Code 3701-3-13 Isolation Requirement](#)
4. [Ohio Department of Health Infectious Disease Control Manual \(IDCM\)](#)
5. Ohio Disease Reporting System (ODRS)
6. [Wood County Health Department Foodborne Illness Report Survey](#)
7. [Wood County Health Department Food Safety Resources](#)

Please contact Ashleigh Konopka at 419-354-4306 with any questions or concerns.