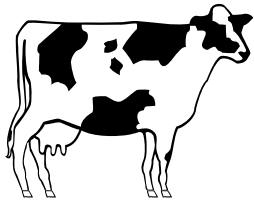


What is Escherichia coli 0157?

- A strain of bacteria that can cause severe illness.
- The bacteria can be found in the intestines of animals, especially cattle



What are the symptoms?

After exposure, illness usually occurs in 3-4 days (sometimes it can take between 2-10 days).

Illness may be mild to severe. Some people may not feel sick at all, but can still infect others.

Some symptoms are:

- Abdominal cramps
- Diarrhea which may contain blood
- Usually little or no fever
- Some persons, especially children under 5 years of age and the elderly, may develop complications such as kidney failure or permanent kidney damage

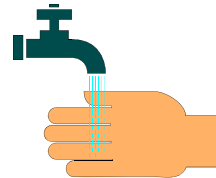
How is E. coli 0157:H7 spread?

- By drinking unpasteurized (raw) milk, untreated water or unpasteurized juices.
- By eating meats contaminated with these bacteria, especially undercooked ground beef.
- Eating or drinking contaminated food or water.
- Not washing your hands after using the toilet or changing diapers.
- Not washing your hands before fixing food, eating food or feeding others.

How can you avoid getting E. coli 0157?

Wash your hands with soap and water, especially:

- After using the toilet
- After changing a diaper
- After handling or caring for animals
- After handling raw meats or poultry
- Before handling food or eating



Clean and Disinfect Contaminated Surfaces!

After cleaning you can use **1 TBS** (tablespoon) bleach in **1-gallon** cool or lukewarm water to disinfect:

- Bathroom fixtures after use by the sick person.
- Toys and infant furniture after use by the sick child.

Prepare Food Safely!

- Cook all ground beef or hamburger to 160 F. **Use a meat thermometer.** Meat that has turned brown or gray may still contain live bacteria.
- If you are served a pink hamburger in a restaurant, send it back for further cooking.
- Drink only pasteurized milk and milk products, juices, and cider.
- A person with diarrhea **should not** prepare food for others.
- Use a cutting board for meat and poultry that is not used for other foods. Clean cutting boards and knives with hot soapy water and rinse with a bleach solution.

What else you should know?

- **Food handlers, health care workers and childcare providers** with diarrhea should not work.

If they have E coli, the Health Department will decide when they may safely return to work.

- **If your child has diarrhea, keep your child at home and inform your childcare provider** that your child has diarrhea.

If your child has E coli, the Health Department will decide when it is safe for your child to return to childcare.

MCHD provides services without regard to race, religion, color, national origin, sex, age, marital status, mental or physical disability, political affiliation or sexual orientation.



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Updated 2/08

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Prevent

E. Coli O157

