



What is *E. coli*?

- *Escherichia coli* is a bacterium that normally lives in the intestines of people. Shiga toxin-producing *E. coli* (STEC) is a strain that causes diarrhea and can lead to severe illness.

What are symptoms that could occur?

- Stomach cramps
- Nausea
- Vomiting
- Low-grade fever
- Range from mild to severe or even life-threatening

How is it spread?

- Spread by eating undercooked ground meat, contaminated vegetables and fruit, drinking unpasteurized milk or contaminated water.

How is it diagnosed and treated?

- Primary care provider evaluation and laboratory evaluation
- Antibiotics and anti-diarrhea medications typically not recommended

Are there complications?

- Hemolytic uremic syndrome (HUS) is a serious complication (most common in children) that can damage the kidneys and other organs

How can STEC be prevented?

- If you or your child is sick, stay home from work or school
- Wash your hands after contact with animals or after using the bathroom/changing diapers
- Cook meat well before eating, avoiding unpasteurized milk and dairy products
- Wash all fruits and vegetables thoroughly before eating
- Avoid cross-contamination of common cooking surfaces by washing hands and cutting surfaces
- Avoid swallowing water when swimming or playing in lakes, ponds, streams, and swimming pools

Should the sick individual be isolated?

- Yes. Infected person should be kept away from other people

When can the individual return to the general population?

- When the person feels well again and diarrhea has stopped for at least 24 hours

Should facilities do special cleaning

- Special cleaning is not necessary. Routine cleaning with EPA approved products is recommended

If I have any other questions, whom can I contact?

- Call the Genesee County Health Department at 257-1017