

WHAT IS E. coli ?

According to the Mayo Clinic, Escherichia coli (E. coli) bacteria normally live in the intestines of healthy people and animals. Most varieties of E. coli are harmless or cause relatively brief diarrhea. But a few particularly nasty strains, such as E. coli O157:H7, can cause severe abdominal cramps, bloody diarrhea and vomiting.



SYMPTOMS:

Appear between **3** or **4** days after exposure to the bacteria

- **Mild to Severe Diarrhea**
- **Abdominal Cramps**
- **Nausea and Vomiting**



WHO IS MOST LIKELY TO GET E.COLI?

- Children and older adults are at higher risk for complications from the infection
- People with weakened immune systems

Most associated with animal products (i.e. Beef).



CAUSES OF E.COLI:

- Uncooked beef (especially ground beef)
- Unpasteurized milk and juices
- Contaminated raw fruits and vegetables or water
- Person to person



HOW TO PREVENT E.COLI?

- Cook ground beef to a safe minimum internal temperature of 160°F
- Drink only pasteurized milk or juice
- Rinse fruits and vegetables thoroughly
- Wash your hands before preparing food, after changing a diaper, and after contact with cows, sheep, or goats

REFERENCES

<http://www.mayoclinic.org/diseases-conditions/e-coli/basics/definition/con-20032105>