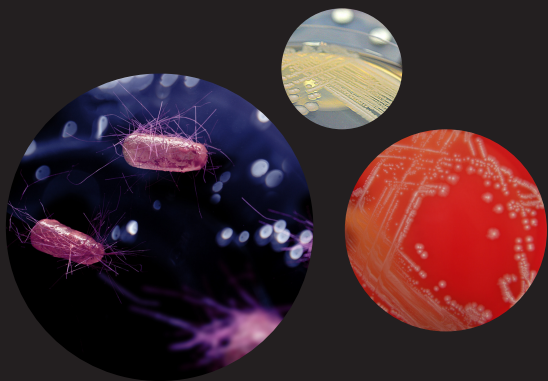


Shiga-toxin producing *E.coli* (STEC)

E.coli are a large and diverse group of bacteria. Most strains of *E.coli* are usually harmless, but others can cause disease by making a toxin called Shiga toxin, or STEC for short. **This toxin damages the lining of your small intestine & causes diarrhea.**



Who can get infected with Shiga-toxin-producing *E.coli*?

People of any age can become infected with STEC. Groups at the highest risk for severe illness include:

- Children younger than 5 years
- Adults older than 65
- People with weakened immune systems, such as people with HIV, diabetes, or undergoing cancer treatment

What are the symptoms?

- Diarrhea (which often becomes bloody)
- Abdominal cramps
- Vomiting
- Mild fever



Symptoms appear 2 to 10 days after exposure, usually between 3 & 4 days.

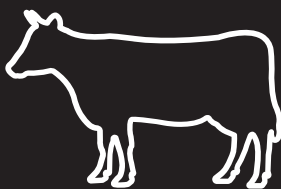
How Shiga-toxin-producing *E.coli* Spreads



Eating Contaminated Food



Drinking Contaminated Water or Raw Milk



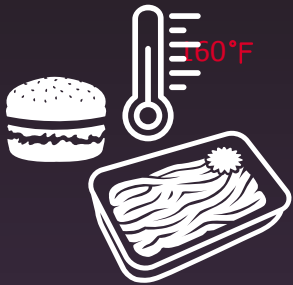
Contact with Stool of Infected Animals



Swallowing Contaminated Recreational Water

It can also be spread by touching the environment in petting zoos & other animal exhibits & eating food prepared by sick people who did not wash their hands well after using the toilet.

Preventing Shiga-toxin-producing *E.coli*



Cook All Ground Beef Products to 160 degrees Fahrenheit



Don't Drink Raw or Unpasteurized Dairy Products & Juices



Use Separate Cutting Boards for Raw & Cooked Meat & Vegetables, Fruit, or Cheeses



Wash All Fruits & Vegetables Before Eating



Wash Your Hands With Soap & Water

- Especially*
- Before & After Preparing Food
 - Before Eating
 - After Using the Toilet or Changing Diapers
 - After Touching Animals

In some people, Shiga-toxin-producing *E.coli* can cause a complication called **hemolytic uremic syndrome**.

This syndrome can **damage the kidneys** & cause longer-term complications such as **kidney failure**.



It typically appears 7 days after symptoms first appear, often when diarrhea is improving.

Children under age 5 and older adults are at most risk for hemolytic uremic syndrome.

Symptoms can include:

- Decreased frequency of urination
- Feeling very tired
- Losing color in the cheeks & inside the lower eyelids

