

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

E. coli are bacteria that live in the intestines of humans and animals. Some strains of *E. coli* (STEC) produce toxins that can cause serious disease and outbreaks. **Most of the time, news and media reports on *E. coli* are referring to STEC.**

Avoid spreading *E. coli* by washing hands:



Before
preparing food



After
changing diapers



After
petting animals



After
using the toilet

Foods that may put you at risk for *E. coli* infection

These foods have been known to be contaminated with *E. coli* bacteria.

Wash and cook raw foods thoroughly, and **separate all risky foods from other foods** to avoid cross-contamination.



Raw veggies & fruits



Raw or undercooked meat, poultry & seafood



Unpasteurized dairy

Symptoms

Symptoms start 1-3 days after contact with *E. coli* germs. If you think you have *E. coli*, tell your healthcare provider immediately.



Diarrhea (often bloody)



Vomiting



Stomach cramps

Who is at risk of getting very sick?

E. Coli (STEC) can lead to severe kidney complications for some people.



Older adults (ages 65+)



Young children (ages 0-5)



People with weak immune systems

Note for some workers and parents: People with *E. coli* infections who work in food service, healthcare, daycare, and children who attend daycare need to be **approved by Public Health before returning to work or childcare settings.**