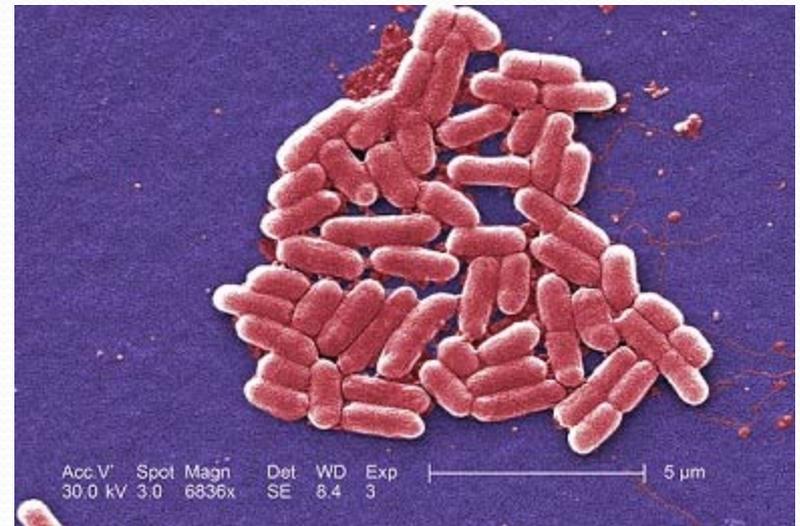


Escherichia coli O157: E.coli O157

What is E. coli O157?

- Escherichia coli O157 is a bacterium that infects the intestinal tract and may produce a toxin that affects other parts of the body as well.
- Cases of infection are seen more frequently during the summer months.



How is E. coli O 157 transmitted?

- Eating contaminated food or water
- Contact with fecal material from infected persons or animals



Who is susceptible to E. coli O 157?

- People of any age can become infected with E. coli 0157
- Children and the elderly are more likely to develop serious illnesses
 - Characterized by kidney failure and destruction of the red blood cells leading to anemia

Symptoms of E. coli O 157

Symptoms usually appear about 3 days after exposure, with a range of 1-9 days.

- Bloody diarrhea
- Severe abdominal Cramps
- Little or no fever



What serious problems can result from E. coli O 157 infection?

- Hemolytic-uremic syndrome (HUS)
- Thrombotic thrombocytopenic purpura (TTP)

*These serious illnesses are characterized by kidney failure and destruction of the red blood cells leading to anemia.

How is E. coli O 157 diagnosed?

- Stool specimens

What is the treatment for E. coli O 157?

- Most people recover without specific treatment
- Drink extra fluids to prevent and treat dehydration
- Hemolytic-uremic syndrome (HUS) and thrombotic thrombocytopenic purpura (TTP) require hospitalization for transfusions and kidney dialysis



How can E. coli O 157 be prevented?

- Avoid eating raw or undercooked beef (steak or rare hamburgers)
- Avoid drinking unpasteurized milk and unpasteurized milk products
- Wash fruits and vegetables thoroughly especially those that will not be cooked
- Always carefully wash your hands with soap and water after bowel movements and before and after food preparation
- Wash hands after farming or gardening
- Wash hands after contact with animals

