

# 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.

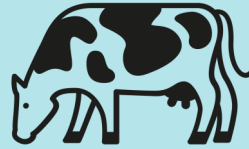
## WASH HANDS TO AVOID SPREADING *E. COLI*



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

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  
(sometimes)



Stomach  
cramps

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

Those at higher risk include:

- Older adults (ages 65+)
- Young children (ages 0-5)
- People with compromised immune systems

## NOTE FOR SOME WORKERS & 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.**