Shiga toxin-producing E. coli (STEC) infection

E. coli (E.coli) is a type of bacteria that can cause serious illness. Symptoms may include: abdominal pain, fever, and vomiting. E. coli (E.coli) - STEC is a specific type of E. coli that can cause severe illness, often in children and young people. Symptoms of STEC infection include:

- **Abdominal pain**
- **Diarrhea**
- **Blood in stool**
- **Low-grade fever**

E. coli (E.coli) can be transmitted through:

- **Unpasteurized dairy products**
- **Raw or undercooked meat**
- **Contaminated water**
- **Handling contaminated food**

How to protect yourself:

- **Wash your hands**
- **Avoid cross-contamination**
- **Cook meat thoroughly**
- **Serve dairy products.”

For more information, please visit www.kingcounty.gov/cd or call (206) 296-4774.