**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.

To learn more about *E. coli* infections (206) 296-4774, www.kingcounty.gov/cd