Prevention and Control Measures:

*Escherichia coli (E. coli)*

**Transmission:**
- Water-to-Person: Waterborne transmission occurs both from contaminated drinking water and from recreational waters (lakes, ponds, streams, and swimming pools).
- Person-to-Person: Caring for sick people with vomiting and diarrhea can occur in families, childcare centers, and custodial institutions.
- Food-to-Person: Eating food or drinking liquid handled by a sick person who did not wash their hands well or drinking contaminated unpasteurized (raw) milk or juice.
- Surface-to-Person: Touching a surface or object handled by a sick person or within an animal living area, such as a petting zoo, then touching your mouth.

**Symptoms:**
- Symptoms include stomach cramps, diarrhea (often bloody), and vomiting. Fever, if present, is usually less than 101°F.
- Most people will get better within 5-7 days, though severe, even life-threatening, illness is possible in young children, the elderly, and those with health problems. Children and pregnant women should take special care to avoid dehydration.

**Prevention and Control Measures:**
- Wash your hands thoroughly after using the bathroom, changing diapers, before preparing or eating food, and after contact with animals or their environments.
- (at farms, petting zoos, fairs, or even in your own back yard).
- Adults and children, with diarrhea or loose stools, should not be in childcare facilities until their diarrhea has resolved.
- Do not swim for 2 weeks after the diarrhea has stopped.
- Wash yourself and your child thoroughly with soap and water before swimming.
- Take your kids on bathroom breaks or check diapers often when swimming and do not change diapers poolside.
- Do not swallow water when swimming or playing in lakes, ponds, streams, swimming pools and backyard “kiddie” pools.
- Cook meats thoroughly. Ground beef and meat that has been needle-tenderized should be cooked to a temperature of at least 160°F/70°C. It is best to use a
- Thermometer as color is not a very reliable indicator of “doneness”.
- Avoid raw milk, unpasteurized dairy products, juices (like fresh apple cider), raw spinach, coleslaw sprouts, and melons.

**For More Information:** Visit cdc.gov and type E. coli in the SEARCH box.