

## Statistics

- In 2005, Taco Bell had an outbreak of E. Coli in NJ.
- E. Coli; cause of 200 million cases of severe diarrhea yearly.
- Also cause about 380,000 deaths annually
- Children and the elderly are most vulnerable
- E. Coli has a 1-10 day incubation period



- Treatment is very expensive
- Hospital stay tends to be rather long
- Hinders athletic performance after treatment



**Public Health**  
Prevent. Promote. Protect.

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# *E. Coli*

*Spreading one hand  
at a time*



# History of E. Coli



THEODOR ESCHERICH FIRST DISCOVERED E.COLI IN 1885

- Theodor Escherich was a German pediatrician
- O157:H7 strain is the most common cause of food borne illness
- First characterized as an outbreak in hamburgers in 1982



- Investigation triggered by an outbreak of gastrointestinal illness

## What it is?

Escherichia coli (E. coli) is a bacterium

Found in the small intestines of warm-blooded animals

Some strains are harmless

Others produce Shiga toxins and can be very dangerous



## Who gets it?

- Anyone
- Elderly and children are more susceptible

## How is it spread?

- Contaminated food or water
- Unwashed hands
- Direct contact with fecal matter
- Person-Person contact
- Undercooked foods

## What does it cause?

- Severe stomach cramps
- Diarrhea with/without bleeding
- Vomiting/Nausea
- Low to high fever
- Difficulty urinating
- Hemolytic Uremic Syndrome
- Kidney Failure



- High Blood Pressure
- Blindness/Paralysis

## How is it treated?

- Antibiotics
- Dialysis
- Surgery as necessary

## How can you protect yourself?

- Wash your hands
- Use gloves
- Don't eat under-cooked foods
- Don't consume unpasteurized milk or milk products



- Don't drink untreated water
- Avoid unpasteurized juice and apple cider
- Don't swallow water in public pools