



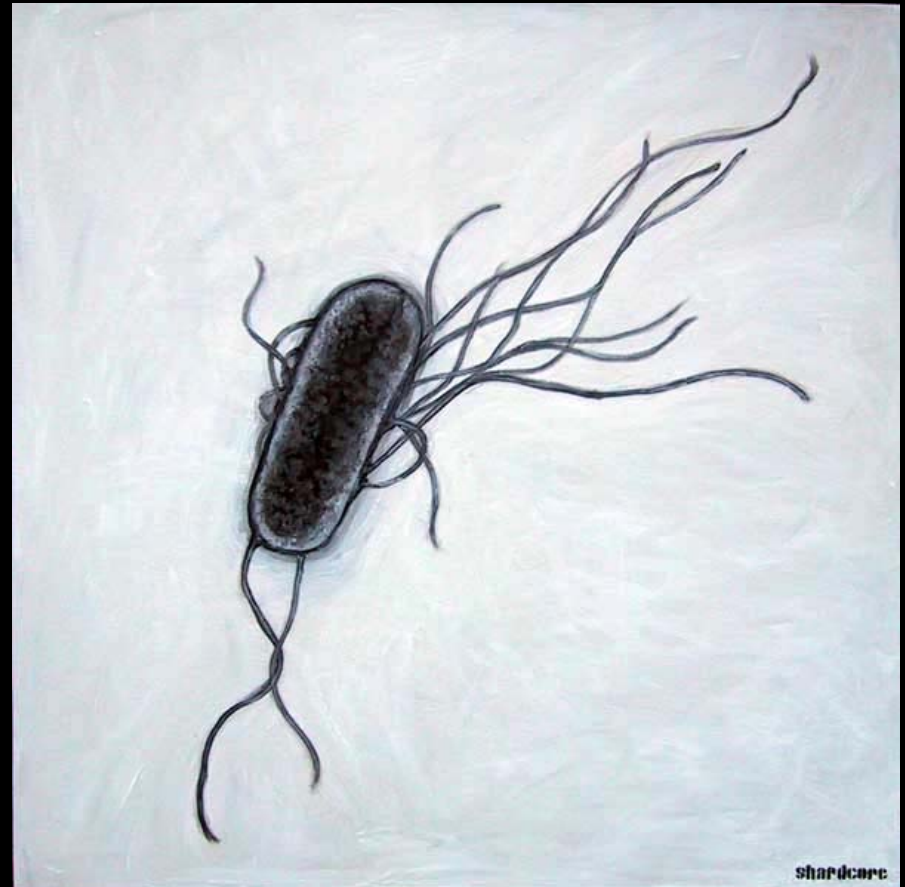
E. Coli

It's all around us



What is e. coli?

- Escherichia coli
- Bacterium
- Found in small intestines of warm blooded-animals
- Some malicious strains produce Shiga toxins
- Other strains are harmless



Background



- Discovered in 1885
- German pediatrician Theodor Escherich
- 0157:H7 strain is most common cause of food borne illness
- First characterized as an epidemic in 1982 through an outbreak of gastrointestinal illness from contaminated hamburgers

Transmission

- Contaminated food / water
- Person to Person contact
- Unwashed hands
- Uncooked beef / meat
- Cross – contaminated vegetables
- Contact with human or animal feces



Signs and Symptoms



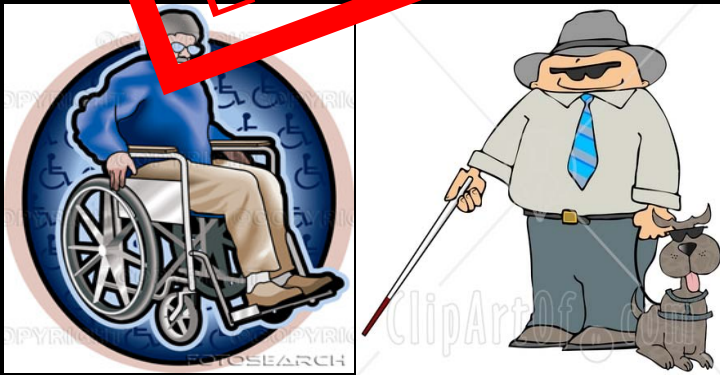
- Severe stomach cramps
- Diarrhea (w/wo bleeding)
- Vomiting
- Fever
- Incubation period of 1 – 10 days
- Dehydration
- Difficulty urinating
- A whole lot of pain

Preventive Measures

- Wash your hands
- Use gloves when necessary
- Cook all meat and poultry thoroughly
- Do not consume under cooked foods
- When preparing food do not use the same knife to chop raw meat and vegetables
- Do not swallow water in public pools/water parks
- Keep your distance from people infected with e.coli



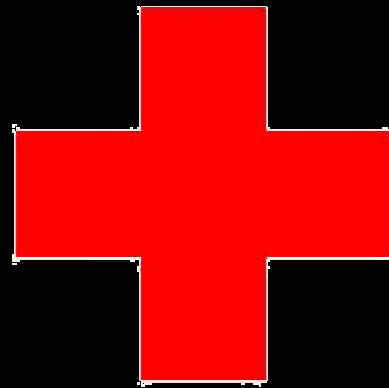
Diseases/Infection

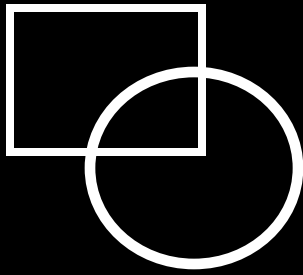


- Hemolytic Uremic Syndrome (HUS)
- Renal failure
- Severe diarrhea
- Food poisoning
- High blood pressure
- Blindness
- Paralysis
- Inflammatory bowel disease
- Ulcerative colitis

Treatment

- Usually treated with antibiotics
- Kidney problems may require dialysis
- Hospitalization
- Certain extreme conditions caused by e. coli may require surgery
- Vaccines under development





Statistics



- 5-10% of people infected develop life threatening HUS
- 85% of E. coli 0157:H7 infections are food borne
- Every year 2000 Americans are hospitalized
- 60 die annually
- In 2003 E. coli related costs reached \$405 million
- Elderly and children are more susceptible as their immune systems are weaker

Did You Know



- Taco Bell had an E. coli outbreak right here in NJ
- Also an outbreak of e. coli in spinach
- Ever order from a restaurant menu?
- Notice how it has a disclaimer to consume undercooked foods at the bottom.
- Now you know why
- Read the fine print



Stay Clean!

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Thanks to Dr. Paul Masaba
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