QUICK GUIDE TO SHIGA TOXIN-PRODUCING E. COLI

THE FACTS ABOUT STEC

Shiga toxin-producing E. coli (STEC) is a bacteria that causes severe illness when ingested.

- **97 CASES**
  - Average number of reported STEC cases in Utah in the past 5 years

- **5-10 %**
  - Percentage of people who develop a life-threatening illness

- **Children < 5**
  - People most at risk for severe illness

- **20%**
  - Percentage of cases that are part of a recognized outbreak

WHAT ARE THE SYMPTOMS

You can't see it, smell it or taste it, but if you get sick from STEC, you won't forget it.

Illness can last 5-10 days

Severe cases can lead to:

- Death
- Kidney problems

These can include:

- Severe, often bloody diarrhea
- Fever
- Abdominal pain
- Sometimes vomiting

WHAT TO DO IF YOU ARE SICK

Antibiotics are not known to help and should be avoided

Most people recover in 5-7 days; staying hydrated is important

Protect others: wash hands; don't prepare food; stay home

- Wash your hands, cooking utensils, veggies and surfaces
- Use good hygiene after contact with animals
- Cook meats thoroughly; avoid drinking raw milk
- Don’t swallow water when swimming

WHAT YOU CAN TO TO AVOID STEC

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