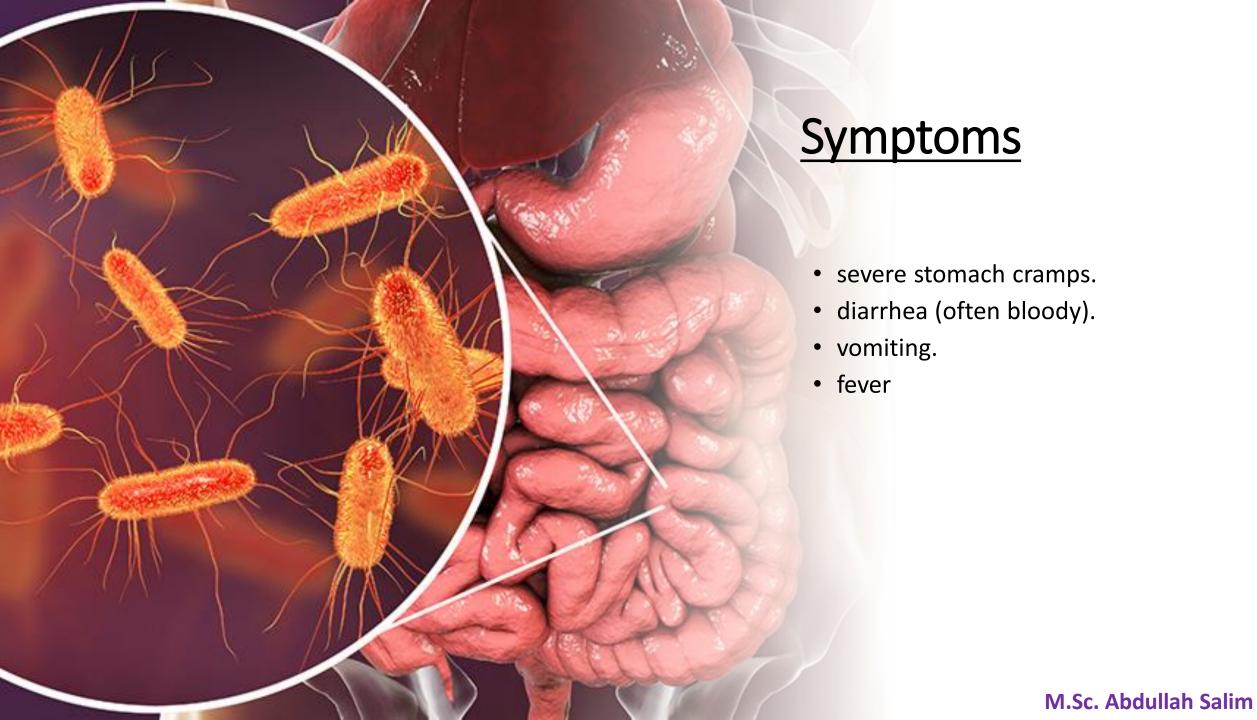




Overview

- Escherichia coli (E. coli)
 - Gram negative rod
 - Family Enterobacteriaceae
 - Normal commensals in GI tract
- Escherichia coli (abbreviated as E. coli) are bacteria found in the environment, foods, and intestines of people and animals. E. coli are a large and diverse group of bacteria. Although most strains of E. coli are harmless, others can make you sick. Some kinds of E. coli can cause diarrhea, while others cause urinary tract infections, respiratory illness and pneumonia, and other illnesses.







Transmission

- Undercooked or unpasteurized animal products
 - Ground beef
 - Other meats
 - Milk, cheese
- Foods contaminated with feces
 - Fruits
 - Vegetables
- Contaminated water
 - Private wells
 - Swimming (lakes, streams)
- Contaminated soil



Prevention

- 1. Practice proper hygiene, especially good handwashing.
- 2. Wash fruits and vegetables well under running water
- 3. Cook meats
- 4. Avoid raw milk, unpasteurized dairy products, and unpasteurized juices
- 5. Don't swallow water when swimming and when playing in lakes

Preventing E. coli Infections



Wash hands before and after preparing food.



Cook meat, poultry, fish, and eggs thoroughly.



Wash fruits and vegetables well before eating.

Thank You for Your Listening

Any Questions?