

# 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 Adults >60

People most at risk for severe illness

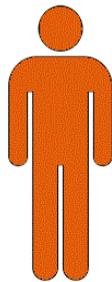
20%

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.

These can include:

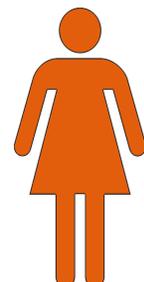


Severe, often bloody diarrhea  
Fever  
Abdominal pain  
Sometimes vomiting

Illness can last 5-10 days



Severe cases can lead to:



Death  
Kidney problems

## 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



## WHAT YOU CAN DO TO AVOID STEC

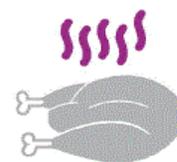
Wash your hands, cooking utensils, veggies and surfaces



Use good hygiene after contact with animals



Cook meats thoroughly; avoid drinking raw milk



Don't swallow water when swimming

