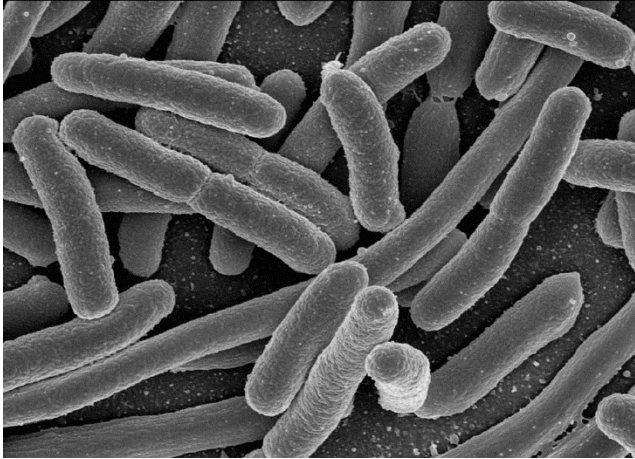


E. Coli Infection From Food or Water



Other strains of E. coli can cause urinary tract infections or other infections. You get an E. coli infection by coming into contact with the faeces, or stool, of humans or animals. This can happen when you drink water or eat food that has been contaminated by faeces

E. coli can get into meat during processing. If the infected meat is not cooked to 160°F (71°C), the bacteria can survive and infect you when you eat the meat. This is the most common way people in the United States become infected with E. coli. Any food that has been in contact with raw meat can also become infected.

Other foods that can be infected with E. coli include:

Raw milk or dairy products.

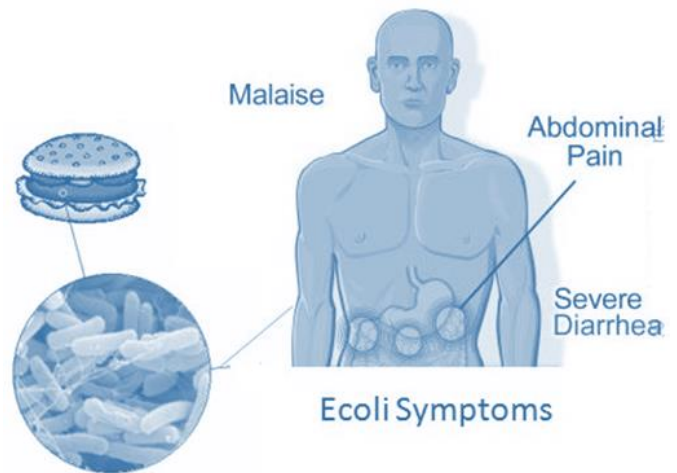
Bacteria can spread from a cow's udders to its milk. Check the labels on dairy products to make sure they contain the word "pasteurized." This means the food has been heated to destroy bacteria.

Raw fruits and vegetables

Foods such as lettuce, alfalfa sprouts, or unpasteurized apple cider or other unpasteurized juices that have come in contact with infected animal faeces.

E. coli (*Escherichia coli*) is the name of a germ, or bacterium, that lives in the digestive tracts of humans and animals.

There are many types of E. coli, and most of them are harmless. But some can cause bloody diarrhoea. Some strains of E. coli bacteria may also cause severe anaemia or kidney failure, which can lead to death.



How is E. Coli spread?

Human or animal faeces infected with E. coli sometimes get into lakes, pools, and water supplies. People can become infected when a contaminated city or town water supply has not been properly treated with chlorine or when people accidentally swallow contaminated water while swimming in a lake, pool, or irrigation canal.

The bacteria can also spread from one person to another, usually when an infected person does not wash his or her hands well after a bowel movement. E. coli can spread from an infected person's hands to other people or to objects.