



E. Coli

E. Coli O157:H7 or STEC (Shiga toxin-producing E. coli)

Your child may have been exposed to this disease on _____
Date(s)

Please check your child for symptoms through _____
Date

If your child has symptoms, please contact your child's healthcare provider.

If my child has this disease, when can he or she return to school or child care?

Children in child care, preschool, or kindergarten may NOT return to school or child care UNTIL their diarrhea has stopped, **AND** they no longer have the bacteria in their stool, **AND** the local health department approves their return to school or child care.

Children in first grade and above may return to school when they have not had diarrhea for 24 hours, **AND** their doctor or health care provider approves their return to school.

E. coli is a bacteria and causes:

- Diarrhea, which is sometimes bloody
- Stomach cramps
- Nausea and/or vomiting
- Low-grade fever (less than 101°F)

Symptoms start 1 to 10 days after a person has contact with a sick person. Most people are sick for 5 to 10 days. In severe illness, a person may look pale, have little or no urine, and have swelling of the face, hands, feet, or entire body. A person may also have small, unexplained bruises or bleeding from the nose and mouth. Go to the hospital immediately if you see these symptoms.

How is E. coli spread?

- Eating or drinking food or water that has E. coli in it, such as raw milk, meat that has not been completely cooked, and unpasteurized (raw) juice or cider.
- Touching and having contact with cattle.
- Touching the stool of a person who is sick with this disease (such as when changing diapers).
- Touching objects and surfaces contaminated with the bacteria.

A sick person can spread the bacteria the entire time he or she is sick. Young children may continue to spread the illness for days to months after they are no longer sick.

What can I do now?

Watch your child for symptoms of *E. coli*. Call your child's doctor or health care provider if your child is sick.

If your child gets sick, prevent others from getting ill by:

- Washing your hands frequently, especially after using the bathroom, changing diapers, and handling raw meat.
- Teaching your child to wash his/her hands for 30 seconds and use soap and water.
- Fully cook all meat until it is no longer pink.
- Wash fruits and vegetables before eating them, especially if they will not be cooked.
- Clean commonly touched surfaces and items, such as doorknobs, cell phones, and toys, with an antibacterial cleaning solution.
- Use disposable gloves and change your clothes after cleaning up diarrhea or vomit.
- Throw away soiled rags and gloves in a sealed plastic bag.