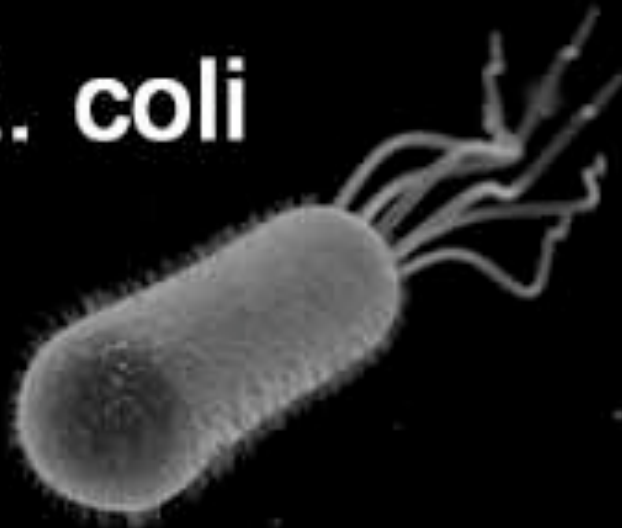


Escherichia coli (E. coli) O157:H7

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E. coli



What is E.coli O157:H7?

E. Coli O157:H7 is a strain of Escherichia Coli, The organism can be found in the intestines of warm-blooded mammals, like healthy. This E. Coli strain can produce a powerful toxin and may cause severe gut symptoms, like bloody diarrhea.

Clinical Features

Victims may develop symptoms that include severe watery diarrhea, bloody diarrhea, fever, abdominal cramps and vomiting. In serious cases, it may be complicated by acute kidney problems. Children under five have a higher risk of such complications. If not properly treated, the infection may cause death.

Causes

The infection is contracted through drinking contaminated water or undercooked contaminated food, especially ground beef, hamburgers and roast beef. Other sources include consumption of unpasteurized milk and juice, raw sprouts, lettuce, and salami, and contact with infected live animals. Moreover, the organism is easily transmitted from person to person.

Treatments

Most people recover without antibiotics or other specific treatments in 5-10 days. But there's no evidence that antibiotics can improve the course of disease, and it is thought that treatment with some antibiotics may precipitate kidney complications.

Prevention

- 1. Keep kitchen and equipments clean. Dispose rubbish properly.**
- 2. Keep hands clean and fingernails trimmed.**
- 3. Wash hands properly with soap before eating or handling food, and after toilet.**
- 4. Drinking water should be from the mains and boiled.**
Avoid high-risk food, like expired milk, undercooked hamburgers, ground beef and other meat products.
- 5. Clean and wash food thoroughly.**
- 6. Store perishable food in refrigerator, well covered.**
- 7. Store and store raw and cooked food especially beef and cattle offal separately to avoid cross contamination.**
- 8. Do not handle cooked food with bare hands; wear gloves if necessary.**

