

Reduce *E. coli* infection in Utah: Safe Practices



E. coli in Utah

- Utah averages 113 cases of *E. coli* infection per year
- Cases range in age from 7 months to 71 years old.
- Recently, there have been 50% more cases than expected in October of each year. Most cases are people younger than 18 years old.

Causes of infection

E. coli is a bacteria spread by consuming contaminated food or water, raw milk, contact with cattle, or contact with feces of infected people. **Visiting petting zoos and areas where animals have been are at greater risk, especially if food is present. Good hand hygiene is critical.**

Prevent Infection

-Wash hands:

- · before & after preparing or eating food.
- \cdot after using the bathroom or changing diapers.

• after being around animals,

- Stay home while you have diarrhea.
- Follow food safety: clean, separate, cook, & chill.
- Avoid unpasteurized dairy products and juice.





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