



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.
 - 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.