

	Number of persons with <i>E.coli</i> infection
Arizona (AZ)	8
California (CA)	2
Colorado (CO)	1
Connecticut (CT)	3
Idaho (ID)	7
Illinois (IL)	2
Indiana (IN)	10
Kentucky (KY)	8
Maryland (MD)	3
Maine (ME)	3
Michigan (MI)	4
Minnesota (MN)	2
Nebraska (NE)	11
New Mexico (NM)	5
Nevada (NV)	2
New York (NY)	11
Ohio (OH)	25
Pennsylvania (PA)	10
Tennessee (TN)	1
Utah (UT)	19
Virginia (VA)	2
Washington (WA)	3
West Virginia (WV)	1
Wisconsin (WI)	45
Wyoming (WY)	1

Learn about *E. coli*

Escherichia coli is the formal scientific name for *E. coli*. It is pronounced as esh-er-ick-ee-eh cole-eye, but it is usually referred to as *E. coli*. Symptoms of *E. coli* include watery or bloody diarrhea, fever, abdominal cramps, nausea, and vomiting. Illness may be mild or severe. Very young children and very old or sick people are more likely to have severe symptoms, sometimes including kidney failure and death.

E. coli is a common cause of foodborne illness. An estimated 73,000 cases of *E. coli* infection and approximately 60 deaths occur in the United States each year. Most illness has been associated with eating undercooked, contaminated ground beef. Person-to-person contact in families and childcare centers is also an important mode of transmission. Infection can also occur after drinking milk that has not been **pasteurized**. A person can also be infected after swimming in or drinking sewage-contaminated water.

There are several things around your house you can do to prevent *E. coli* infection. For example, it is important not to use the same cutting board for raw meat and other foods. If you do, you can transfer bacteria that were on your meat to your vegetables. You might not get sick from the meat, because you cook it, but you can get sick from the vegetables, because you may not cook them. You also should use a different plate to carry uncooked meat out to the barbeque grill and to carry the cooked meat back inside.



Uncooked spinach can sometimes harbor *E. coli*.