

# CANADA'S 10 LEAST WANTED FOODBORNE PATHOGENS

PATHOGEN:

**E. COLI 0157:H7**

**BACTERIA**



SYMPTOMS	START OF SYMPTOMS / HOW LONG THEY LAST	HOW YOU CAN GET SICK	POTENTIAL HEALTH IMPACTS	FOOD COMMONLY ASSOCIATED	HOW TO PROTECT YOURSELF
<p>Severe stomach cramps</p> <p>Diarrhea (often bloody)</p> <p>Vomiting</p> <p>Nausea</p> <p>Headache</p> <p>Little or no fever</p>	<p>Symptoms usually</p> <ul style="list-style-type: none"> <li>• start within 3 to 4 days but can occur up to 10 days later</li> <li>• last from 5 to 10 days</li> </ul>	<p>By eating or drinking</p> <ul style="list-style-type: none"> <li>• food or beverages contaminated with <i>E. coli</i> 0157:H7</li> <li>• unpasteurized (raw) milk and (raw) milk products</li> <li>• untreated water</li> </ul> <p>Through contact with:</p> <ul style="list-style-type: none"> <li>• cattle or other farm animals</li> <li>• the feces of infected people</li> </ul> <p>Through cross-contamination between raw meat and other food when you are preparing food</p> <p>A person or animal can carry the bacteria without showing symptoms of illness, and can spread it to foods, surfaces or other people.</p>	<p>Up to 15 percent of children infected, and a much smaller proportion of adults, develop Hemolytic Uremic Syndrome (HUS). This is a type of kidney failure and blood disorder.</p> <p>Most people with HUS recover within a few weeks, but some suffer permanent kidney and other organ damage and complications, or may die.</p>	<p>Beef, raw and undercooked, ground and whole cuts</p> <p>Unpasteurized apple juice or cider</p> <p>Unpasteurized (raw) milk and (raw) milk products, such as raw milk cheese</p> <p>Untreated drinking water</p> <p>Contaminated raw fruit and vegetables that are not cooked (including alfalfa and bean sprouts)</p>	<p>Cook food to a safe internal temperature.</p> <p>Use a digital food thermometer to check the internal temperature of your food. Refer to the chart on page 5.</p> <p>Eat and drink only pasteurized apple juice, cider, milk and milk products.</p> <p>Wash your hands thoroughly before preparing or eating food.</p> <p>Wash your hands after contact with animals or their environments (at farms, petting zoos, and fairs).</p> <p>Drink water from a safe supply (treated or boiled water).</p> <p>Keep raw food away from other food while shopping, and while storing, preparing and serving foods.</p>