

LEGAL FIRST AID KIT: E. coli

Common E. coli Symptoms

- diarrhea
- severe stomach cramps
- urinary tract infections
- respiratory illnesses
- pneumonia



Call (978) 744-8000
Se Habla Español

What to do if you think you've been infected

1. Visit your doctor and ask them to test a stool specimen
2. Drink water to rehydrate and watch for complications
3. If your symptoms are serious, go the hospital immediately
4. Antibiotics are not thought to be effective against E. coli
5. Don't take medicine to stop diarrhea unless your doctor tells you to

Legal Steps

- Keep safe any and all receipts and food products so that the investigating authorities, such as the Department of Public Health and the Center for Disease Control (CDC), can determine what the source of the E. coli is and take immediate steps to prevent further spread.
- Contact Mazow | McCullough at **(978) 744-8000** to guide you through the difficult process of health recovery.

How to Avoid E. coli Infections

1. **WASH YOUR HANDS**, especially after using the bathroom, changing diapers, coming into contact with animals and during food preparation.
2. **COOK MEAT** thoroughly. Ground beef and tenderized beef are especially dangerous if not cooked to an interior temperature of at least 160°F/70°C.
3. **AVOID CONSUMING** raw milk, unpasteurized dairy products and unpasteurized fresh apple cider.
4. **AVOID SWALLOWING** water in lakes, ponds, streams, swimming pools and kiddie pools.
5. **PREVENT CROSS CONTAMINATION** by washing anything, including hands, counters and cutting boards, that comes into contact with raw meat.