What is Escherichia coli (E. coli)?

Escherichia coli, more commonly known as E. coli, are a group of bacteria that live in the intestines of people and animals. While most E. coli are harmless, some are pathogenic, causing illness when outside of the digestive tract.

Symptoms

- Diarrhea
- Vomiting
- Abdominal cramps
- Fatigue
- Fever

Prevention

Wash your hands after using the bathroom and before eating or preparing food. Make sure to get rest and drink plenty of water.

Contact your Medical Provider if:

- you have a high prolonged fever,
- your symptoms worsen significantly,
- your vomit or diarrhea contains bile, mucous or blood, or
- your symptoms have not improved within 5-7 days

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