

E. coli Outbreak Response Guide

There are hundreds of strains of *Escherichia coli*, often called *E. coli*, and many of which make people sick. One strain, *E. coli* O157:H7 produces a Shiga toxin and is the most common strain to cause illness.



What are common signs and symptoms?

Signs and symptoms usually start 1 to 10 days after exposure to the bacteria and usually last 5 to 7 days.
Do not return to work until you are symptom-free for 24-72 hours without use of medications.



Diarrhea



Nausea & vomiting



Stomach pain



Fever

How can *E. coli* spread in the kitchen?



Inadequate cooking or reheating of foods



Foods from unapproved sources



Improper temperatures



Cross contamination



Not washing hands with soap & hot water for 10-20 seconds

What foods are commonly associated with *E. coli*?



Undercooked hamburgers*



Roast beef & sausages



Unpasteurized juice



Sprouts, lettuce, & spinach



Any foods an infected food handler touched

All food items with the potential to be undercooked, such as hamburgers, seafood, and eggs, must be accompanied by a clear and conspicuous consumer advisory regarding the increased risk of foodborne illness.

What to do if you think your restaurant has an outbreak?



Notify SNHD at outbreakresponse@snhd.org



Do not work while sick. Screen workers for illness before they clock in & send sick employees home immediately.



Track & log employee illness, including vomiting & diarrheal incidents.



Deep clean & disinfect the kitchen & high-touch surfaces including door handles & restrooms.



Consider reducing menu or temporarily closing until the source of the illnesses is eliminated.