

E.coli Fact Sheet

Reduce your Risk:

E.coli infections are generally caused when a person eats food or drinks water that is contaminated with human or animal feces or through direct contact with a person who is sick or animals that carry the bacteria.

Proper hygiene and safe food handling and preparation practices are key to preventing the spread of E. coli.

Follow these important precautions to reduce the risk of E. coli infection:



1. Wash your hands with hot, soapy water often, including after you go to the washroom, before you prepare food, after you touch raw meat, and after you change diapers. (including municipal water supply or properly maintained/treated well water)



2. When you travel to countries that may have unsafe drinking water;
 - do not use ice or drink tap water
 - avoid consuming raw fruits and vegetables, except those with skin that you peel yourself



3. In the kitchen;
 - Wash any tools or kitchen surfaces that have touched raw meat
 - Use only pasteurized milk, dairy, and juice products
 - Use only treated, or chlorinated, drinking water
 - Cook beef to at least 71 °C (160 °F)
 - Thoroughly wash vegetables and fruits before eating
 - Be sure that water used for drinking or food preparation is from approved sources (including municipal water supply or properly maintained/treated well water)

Taken from: [CDC](#)