

[E. coli](#)

Sources	• Contaminated food, especially undercooked ground beef, unpasteurized (raw) milk and juice, soft cheeses made from raw milk, and raw fruits and vegetables (such as lettuce, other leafy greens, and sprouts). • Contaminated water, including drinking untreated water and swimming in contaminated water. • Animals and their environment, particularly cows, sheep, and goats. • Feces of infected people.
Incubation period	3 to 4 days for most people, can be 1 to 10 days
Symptoms	• Severe diarrhea that is often bloody, severe stomach pain, and vomiting. Usually little or no fever is present. • Symptoms of hemolytic uremic syndrome (HUS) include decreased urine production, dark or tea-colored urine, and losing pink color in cheeks and inside the lower eyelids.
Duration of illness	5 to 10 days. Most people will be better in 5 to 7 days. If HUS develops, it usually occurs after about 1 week.
What to do	Drink plenty of fluids and get rest. If you cannot drink enough fluids to prevent dehydration or if your symptoms are severe (including bloody diarrhea or severe stomach pain), call your doctor.
Prevention	• Avoid eating high-risk foods, especially undercooked ground beef, unpasteurized milk or juice, soft cheeses made from unpasteurized milk, or sprouts. • Use a food thermometer to make sure that ground beef has reached a safe internal temperature of 160°F (71°C). • Wash hands before, during, and after preparing food, after diapering infants,

	and after contact with cows, sheep, or goats, their food or treats, or their living environment.
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