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Pathogen: *E. Coli* 0157:H7 - bacteria

Symptoms

- Severe stomach cramps
- Diarrhea (often bloody)
- Vomiting
- Nausea
- Headache
- Little or no fever

Start of symptoms / how long they last

Symptoms usually

- start within 3 to 4 days but can occur up to 10 days later
- last from 5 to 10 days

How you can get sick

- By eating or drinking
 - food or beverages contaminated with *E. Coli* O157:H7
 - unpasteurized (raw) milk and (raw) milk products
 - untreated water
- Through contact with:
 - cattle or other farm animals
 - the feces of infected people
- Through cross-contamination between raw meat and other food when you are preparing food
- person or animal can carry the bacteria without showing symptoms of illness, and can spread it to foods, surfaces or other people.

Potential health impacts

- Up to 15 percent of children infected, and a much smaller proportion of adults, develop Hemolytic Uremic Syndrome (HUS). This is a type of kidney failure and blood disorder.
- Most people with HUS recover within a few weeks, but some suffer permanent kidney and other organ damage and complications, or may die.

Food commonly associated

- Beef, raw and undercooked, ground and whole cuts
- Unpasteurized apple juice or cider
- Unpasteurized (raw) milk and (raw) milk products, such as raw milk cheese
- Untreated drinking water
- Contaminated raw fruit and vegetables that are not cooked (including alfalfa and bean sprouts)

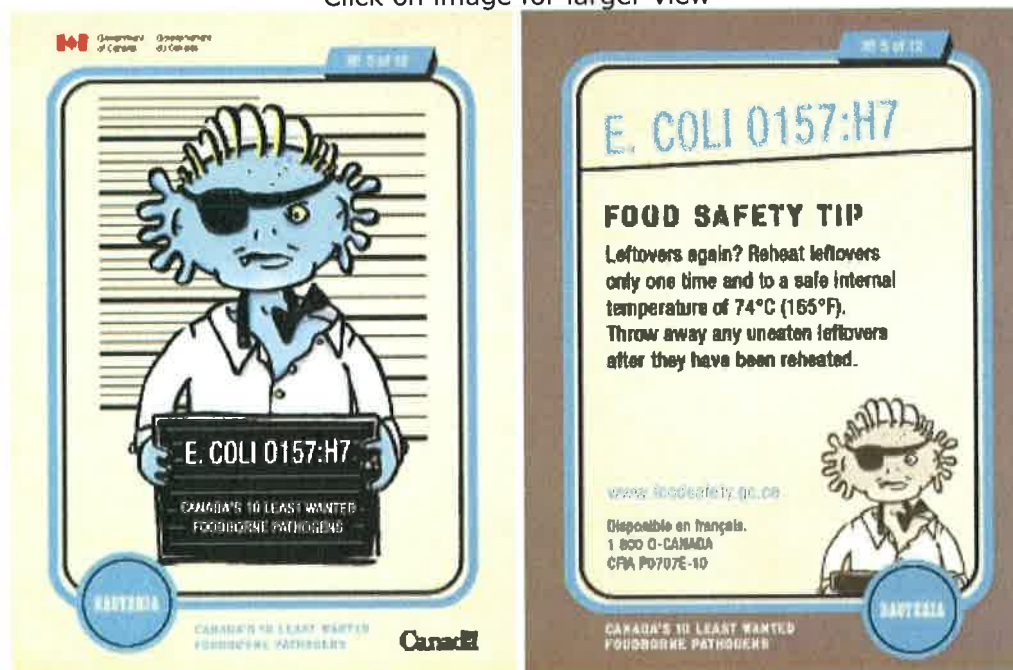
How to protect yourself

- Cook food to a safe internal temperature.
- Use a digital food thermometer to check the internal temperature of your food. Refer to the chart on page 5.
- Eat and drink only pasteurized apple juice, cider, milk and milk products.
- Wash your hands thoroughly before preparing or eating food.
- Wash your hands after contact with animals or their environments (at farms, petting zoos, and fairs).
- Drink water from a safe supply (treated or boiled water).
- Keep raw food away from other food while shopping, and while storing, preparing and serving foods.

Food Safety Tip

Leftovers again? Reheat leftovers only one time and to a safe internal temperature of 74°C (165°F). Throw away any uneaten leftovers after they have been reheated.

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