

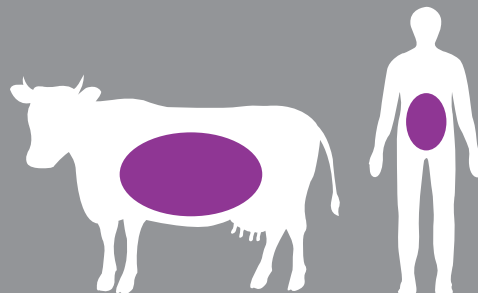
STEC (E. coli):

► What you need to know

What is STEC?

E. coli are bacteria found in the gut of humans and animals. Most E. coli are harmless.

However, some E. coli produce a toxin (poison) that can make people very sick. Names for these toxic E. coli are VTEC, STEC, or E. coli O157.



Causes

► **CONTACT WITH POO FROM SICK PEOPLE**
e.g. through nappy changing

► **CONTACT WITH ANIMALS OR ANIMAL MANURE**
particularly farm animals

► **DRINKING CONTAMINATED WATER**

► **DRINKING UNPASTEURISED (RAW) MILK**

► **EATING CONTAMINATED RAW FOOD**



Symptoms

► **SEVERE STOMACH CRAMPS**

► **MILD TO SEVERE DIARRHOEA (RUNNY POO)**
This may be bloody

► **VOMITING**



If others in your household have similar illness, they need to stay away from childcare, school or work until no diarrhoea or vomiting for 48 hours. For testing, contact us on 04 570 9002.

Who's at risk?

Most people recover in 5-7 days. Young children, elderly people and people with low immunity can get severe illness and serious complications.



Treatment



DRINK PLENTY OF FLUIDS



DON'T TAKE ANTIBIOTICS
unless advised by a doctor

What should you do?

► **UNTIL FREE OF VOMITING OR DIARRHOEA FOR 48 HOURS:**

- Children must not return to childcare/kindergarten
- Others should not go back to school or work
- Do not prepare food for others
- Children should bathe separately from others. Do not share towels



► **WASH YOUR HANDS THOROUGHLY AND REGULARLY**

Everybody in your home should do this



Seek medical help if:

► **ILLNESS IS GETTING WORSE OR NOT GOING AWAY**

► **NOT DRINKING FLUIDS OR NOT HOLDING DOWN FLUIDS**
Particularly children

► **CHILDREN SEEM UNUSUALLY DROWSY OR CONFUSED**

► **If concerned, call HealthLine on 0800 611 116 for free advice, or see your GP**

