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E. coli was found in water underneath G-pod of the building at ECE. It was not in the building or the drinking water. Below is information about E. coli.

What is E. coli?

E. coli are bacteria that live in the digestive systems of animals and people. Everyone has them, and they do not usually cause problems. But there are different types of E. coli. Some types cause disease. Eating or drinking something with one of these types in it can cause diarrhea and other symptoms. When E. coli causes disease, it usually happens in the digestive system.

How do I get E. coli?

- You can get sick by E.coli by getting it in your mouth after touching something that was contaminated.

What are the symptoms of E. coli infection?

- Diarrhea – this can be watery or bloody, and mild or severe.
- Belly pain
- Vomiting – this is more common in babies

Should I see a doctor or nurse? You should see your doctor or nurse if:

- You have more than 6 runny bowel movements in 24 hours
- You have diarrhea for longer than 48 hours
- You have bloody diarrhea
- You have a fever higher than 100.4° F
- You have severe belly pain
- You have diarrhea or fever and are age 70 or older

Is there anything You can do to feel better? – yes!

- Drink a lot of liquids that have water, salt and sugar. Good choices are Gatorade, Pedialyte, soup broth and water mixed with juice.
- Eat a little food if you feel hungry. Good choices are potatoes, noodles, rice, oatmeal, crackers, bananas, soup and boiled vegetables.
- Do not take medication to stop the diarrhea- they may be harmful with E.coli

How is E. coli infection treated?

Many people do not need any specific treatment. Diarrhea from E. coli is not usually treated with antibiotic medicines. With some types of E. coli that cause diarrhea, antibiotics can actually make the illness worse. But if E. coli causes symptoms in other parts of the body, you might need antibiotics.

How can I prevent an E. Coli infection?

To reduce your chances of getting and spreading E. coli, be sure to:

- **Wash your hands** after changing diapers, cooking, eating, going to the bathroom, taking trash out and touching animals
- Stay home from work or school until you feel better, if you get diarrhea

