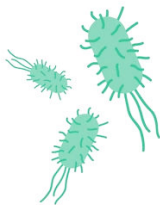




E. coli occurs naturally in untreated water, plants and even our own intestines. Some *E. coli* are harmless while others are very dangerous.

The main problem with *E. coli* is its resistance to antibiotics. Antibiotics often don't work against this bacteria. As a result, it is difficult to cure an *E. coli* infection.



What is a *E. coli*



E. coli is short for Escherichia coli, a family of bacteria that can be responsible for various diseases.

Sources of contamination



Untreated water



Contaminated food



Infected animals



Infected people



Low fever



Nausea



Fatigue



Vomiting



Stomach cramps



Bloody diarrhea

Symptoms



Simple actions can prevent E. coli infections and protect your family and yourself.

Wash your hands

Before and after taking care of animals, before and after touching food items, and before eating.



Cook your food

Cooking food, especially meat, is the best way to get rid of E. coli ! Make sure it is fully cooked before eating it.



Separate meat and veggie preparation areas

If you don't plan to cook all your food, including your fruits and veg, use different knives/cutting boards for fruits and veg and for raw meat.



Wash fruits and veg.

Thoroughly clean fruits and veggies with clean water to remove harmful bacterias.



Keep food at safe temperatures

Preserve food at the right temperature in the fridge and don't use it past the Best Before date.





E. coli is easily killed by bleach or even soap. As long as you adhere to your usual disinfection protocols and hand washing, everything should be fine.



Disinfection Protocols

For extra details on disinfection and proper hygiene practices at work, make sure you check the cards 5, 6, 10, 11, 19, 20 of this series.



Working with contaminated sea water (aquariums)

In special circumstances, it won't always be possible to disinfect all water coming through to the aquarium. In this case, reinforce your usual disinfection protocols and strictly adhere to the following :



Use hand disinfectant if you can't wash your hands at a sink

Always wash your hands with soap



Clean tools everyday and don't share tools between enclosures/tanks

Never jump the footbath !



Wash your hands before/after touching food, animals and enclosures

