E. coli produce Shiga toxins (STEC) which can cause diarrhea, urinary tract infections, respiratory illness, bloodstream infections, and/or other illnesses. The types of E. coli that can cause illness can be transmitted through contaminated water or food, or through contact with animals or people.

Wash your hands and exposed skin
Sanitize thoroughly after removing PPE.

Clean the equipment
Disinfect all equipment onsite, whether it was used or not.

Watch your feet
Avoid tracking in bacteria by using shoe covers, washing the bottom of your shoes daily or leaving work shoes or boots away from home.

Don’t forget your devices
If you must use cellphones and other communication devices onsite, it’s vital to properly clean them before leaving the project.

For more health and safety tips, visit iicrc.org/IICRCResources

WHAT YOU NEED TO KNOW
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CARRIERS
E. coli is commonly transmitted by:
- Beef and other meats
- Vegetables
- Untreated water

HIGH RISK
People who are most vulnerable to E. coli include:
- Young children
- Elderly adults
- People who have immune problems

SYMPTOMS
It can take anywhere from 12 hours to 10 days for a person to become ill.
- Fever
- Vomiting
- Stomach cramps
- Diarrhea