

Let's Magnify... E. Coli



- ✚ **Also known as:** E coli. E.coli is a bacteria present in the intestines of animals and humans.
- ✚ **Pathogen type:** Gram-negative, non-spore forming, rod-shaped bacteria.

Did you know?

- ✚ There are both pathogenic and non-pathogenic strains of E. coli. Many non-pathogenic strains live in our intestine quite harmlessly. Pathogenic strains of E. coli can cause a variety of infections, such as urinary tract infections and intestinal infections. The E. coli O157 strain is responsible for most cases of foodborne illnesses.

Symptoms

- Diarrhoea
- High Temperature
- Stomach Pains
- Nausea
- Loss of Appetite

How is it Spread

- Eating contaminated especially raw and undercooked meats or poultry
- Drinking contaminated water
- Person-to-person contact
- Drinking raw/unpasteurised cow's milk
- Not properly washing hands after contact with farm animals

Prevention Strategies

- Wash hands with soap after using the toilet / handling animals and before cooking / eating
- Thoroughly cook food
- Clean preparation surfaces thoroughly
- Ensure the fridge is running at 5°C or lower
- Do not use same chopping board/knife for raw meat and other foods without washing the utensils in between

E. Coli Killing Products

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