Good hand hygiene is the number one way to prevent the spread of germs.

Avoid spreading harmful bacteria in your kitchen. Keep raw meat separate from ready-to-eat foods. Maintain proper hygiene by cleaning all surfaces with a heavy duty and fast acting cleaner disinfectant, such as CidalSan® KitchenGuard.

Cook all ground beef thoroughly.

Drink municipal water that has been treated with chlorine or other effective disinfectants.

Drink only pasteurized milk, juice, or cider.

Wash fruits and vegetables thoroughly, especially those that will not be cooked.

Make sure that persons with diarrhea, especially children, wash their hands carefully with disinfecting soap after bowel movements to reduce the risk of spreading infection, and that persons wash hands after changing soiled diapers.

What is E. Coli O157:H7?

Escherichia Coli O157:H7 is a food-borne infectious pathogen that causes diarrhea, hemorrhagic colitis, and hemolytic uremic syndrome. E. coli O157:H7 is one of many E. coli organisms that contain genes encoding one or more toxins similar in structure and function to Shiga toxin. E. coli O157:H7 is the most frequently isolated diarrheagenic type of E. Coli isolated in North America today; this pathogen can cause serious, even fatal disease.

Where can E. Coli be found and how is it spread?

You develop an E. coli infection when you accidentally ingest the bacteria. These are the most common sources of infection:

- **Contaminated food.** E. coli bacteria exist naturally in the intestine of many animals, including cattle. Meat can become contaminated with fecal matter containing the bacteria when cattle are slaughtered or processed. The bacteria also can spread from one surface to another, which means that bacteria on a cow’s udder or on equipment can end up in milk. Pasteurization kills the bacteria, but raw milk can be a source of infection. Other foods that may become contaminated with the bacteria include dry cured sausage, salami, alfalfa sprouts, lettuce, and unpasteurized apple juice and apple cider.

- **Contaminated water.** Runoff from feedlots can contaminate ground and surface water, including water used to irrigate crops. Drinking or inadvertently swallowing untreated water from lakes and streams can cause infection. So can eating unwashed raw fruits and vegetables. And although public water systems use chlorine, ultraviolet light or ozone to kill E. coli, some outbreaks have been linked to contaminated municipal water supplies.

- **Person-to-person contact.** E. coli bacteria can easily travel from person to person, especially when infected adults and children don’t wash their hands properly.

What does it cause?

Syndromes caused by E. coli include diarrhea, hemorrhagic colitis, and HUS.

What can be done to prevent the infection?

Besides cooking all meat products thoroughly, it is very important to avoid spreading harmful bacteria;

- **Wash your hands:** The number of E coli infections can be kept down if all staff adhere to good hygiene measures. The most important is to wash hands before and after preparing or eating food. Preferably with a disinfecting, mild hand soap. This simple measure reduces the chance of passing on bacteria from person to person.

- **Follow hygiene procedures:** Other measures are used in kitchens to reduce the spread of infection. For example, cleaning of bedding, regular cleaning of all surfaces, etc.

- **Use the right disinfectant:** Hydrogen peroxide based disinfectants will kill E coli bacteria fast and the bacteria are unable to adapt or build up immunity.

How is it treated?

Treatment consists of rehydration during hemorrhagic colitis and support of the patient during the multiple systemic complications of HUS.
Aseptix Prevention Measures - Minimize the risk of E. Coli infections in your facility:

- **Have a program for educating** teachers, facility managers and personnel about E. Coli and how to identify a potential infection. The best way to keep a breakout from happening is to identify the first case and take action! Education is key. Educate your staff and create awareness of E. Coli by providing the right informational material. Educate thoroughly and frequently. And provide the best materials available for hand washing and cleaning of your facility. Encourage personnel to immediately report symptoms that may be E. Coli related infections.

- **Implement a hand washing initiative and training program** (also see Aseptix Hand Hygiene Guide). The first line of defense against the spread of any infectious disease is proper and frequent hand washing. You should make alcohol-based, waterless hand sanitizers available when hand washing with soap is not available. Alcohol is not suspected of creating resistant bacteria, and these products can augment your hand washing program, when needed. Preferred is washing with a disinfecting soap.

- **Implement a cleaning program that uses standard infection control procedures.** According to the CDC and WHO, you CAN NOT control the spread of bacteria such as E. Coli unless you perform a disinfecting process on all disease transfer points. Disease transfer points are any surface that is regularly touched by the bare skin of more than one person. This includes, but is not limited to, door knobs and push plates; toilet, urinal, sink & water fountain handles; toilet seats; push points or levers on soap and towel dispensers; table tops and desk tops used by multiple people; locker room surfaces; exercise equipment and sports equipment.

**The Aseptix Infection Prevention provides:**

- Ultra fast (30 seconds) kill on E. Coli with surface disinfectants. Mild hand soaps and rubs with E. Coli efficacy.

- Proven cleaning power and leaving no residue. Disinfect and remove surface soils (e.g. dirty & blood) without leaving a residue behind that could attract grime and help bacteria grow.

- Time & Cost Efficient. All Aseptix products are ready-to-use and clean & disinfect in one. So labor costs which are often the highest costs in infection prevention will be reduced. Aseptix provides a range of the fastest Infection Prevention programs.

- A clear-cut ultra safe procedure. All products clean & disinfect in one without compromising the indoor air quality or a person’s respiratory or immune system like harsh cleaning materials tend to do.

- Environmentally Preferable. Avoid fixing one problem by causing another. Combat micro organisms without introducing potential hazardous chemicals into your environment (hydrogen peroxide breaks down into water and oxygen before reaching our water and sewer systems).

- No use precautions, no hazard labeling, simple use instructions, high compliance.

**Recommended Procedures for proper infection control:**

- Thoroughly clean all common skin-contact surfaces daily

- Use appropriate Aseptix product for disinfecting disease transfer points:
  - Spray surface
  - Leave on surface for 30 seconds
  - Wipe surface with a clean cloth/wipe or paper towel

- Use a clean cloth or paper towel each time it becomes visibly soiled and each time you move to a different room

- Maintain good hand hygiene. Use Aseptix hand soaps or hand rubs which have fast E.coli efficacy and do not cause resistance.