

# *E. coli* 101

**265,000 people are infected annually in the U.S.**

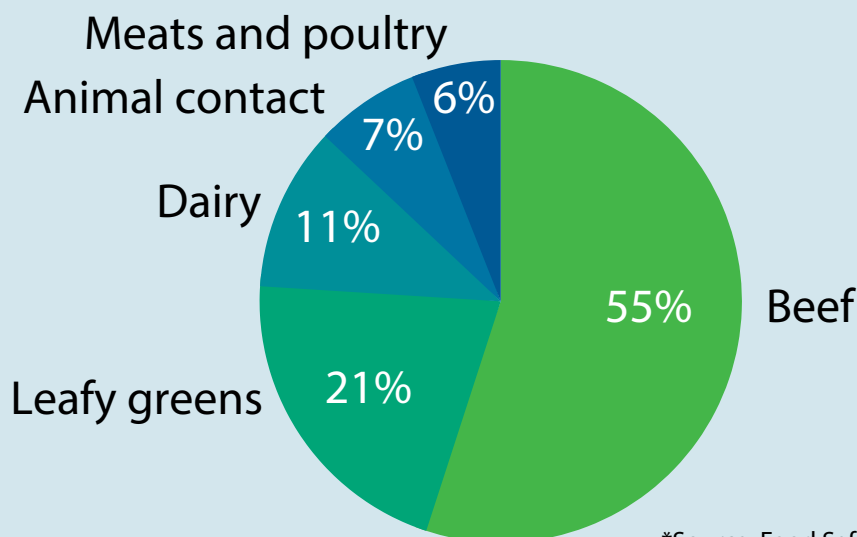
\*Source: CDC

## **Symptoms:**

Abdominal pain and cramping, diarrhea (sometimes bloody), vomiting, and fever



## **Sources of Contamination:**



\*Source: Food Safety News

## **Prevention:**

- Use proper cooking temperatures.
- Avoid cross-contamination.
- Wash leafy greens.
- Choose pasteurized foods.