

# Enteroinvasive E. coli (EIEC)

## What is EIEC?

- Enteroinvasive E. coli, or EIEC, are a group of bacteria that causes intestinal illness.
- "Traveler's diarrhea" is frequently caused by EIEC as it is more commonly found in developing countries however, infection may occur anywhere.
- EIEC is transmitted through eating or drinking contaminated food or water.

## Who can get EIEC?

It only takes a small amount of EIEC bacteria to make you sick and anyone can get sick from it.

People can get EIEC from:

- eating raw or undercooked meats (or eating something that touched it)
- eating un-washed fruits or vegetables
- drinking untreated water or ice
- drinking raw (unpasteurized) milk
- contact with an infected person or their feces (poop)

## Symptoms of EIEC:

Symptoms usually start 10-18 hours after exposure.

Symptoms include:

- Diarrhea
- Stomach cramps or pain
- Fever
- Nausea / Vomiting
- Bloating
- Feeling the need to pass stool (poop), even if the bowels are empty.



## What to do if you have symptoms:



Contact your health provider if you have concerns or questions about your health, especially if you have bloody diarrhea or severe stomach cramping. They may ask you to submit a stool (poop) sample to diagnose EIEC.

Tell your healthcare provider if you have other medical conditions or a weakened immune system (such as HIV infection or from chemotherapy treatment) because you may be more likely to become severely ill.

## How to decrease your chance of getting EIEC:

The best way to decrease your chance of infection is to practice good hygiene.

-Wash your hands often, especially:

- after using the bathroom
- before, during, and after preparing food
- after touching feces (poop) or garbage
- after contact with animals



-Cook all meats all the way.

-Keep raw meats away from other foods.

-Wash all fruits and vegetables.

## Treatment:



There is no specific medication, cure, or vaccine for an EIEC infection and most people recover without medical treatment.

People with an EIEC infection should drink plenty of fluids to prevent dehydration. Dehydration can cause serious issues and may lead to hospitalization.

If you are pregnant or have a weakened immune system, talk with your healthcare provider to discuss a treatment plan.