



What is EPEC?



- Enteropathogenic E. coli, or EPEC, are a group of bacteria that causes intestinal illness.
- EPEC typically infects children under the age of 2 years old.
- EPEC is transmitted through eating or drinking contaminated food or water, including infant formula.



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 EPEC.

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.

Who can get EPEC?



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

People can get ETEC from:

- drinking contaminated or untreated water or milk
- eating food contaminated with EPEC
- contact with an infected person or animals feces (poop)
- touching objects or surfaces that a sick individual has touched
- eating or drinking after someone who is sick

How to decrease your chance of getting EPEC:

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



-Do NOT prepare food or drinks (including baby formula) if you are having diarrhea or are sick with EPEC.

-Do NOT drink untreated water or unpasteurized milk.

Symptoms of EPEC:

Symptoms can begin 9-12 hours after exposure.

Symptoms include:

- Diarrhea
- Stomach cramps or pain
- Fever
- Nausea / Vomiting



Treatment:



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

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

If your child is sick, do not send them to daycare or preschool. They could make other children sick. If your child is having severe illness, seek medical treatment.