



Winnebago County

Health Department

NEWS RELEASE

June 7, 2019

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FOR IMMEDIATE RELEASE

Several *E.Coli* Foodborne Illness Cases In Winnebago County.

WINNEBAGO COUNTY – The Winnebago County Health Department has identified three confirmed cases of Shiga toxin-producing *E. Coli* (STEC), a foodborne illness, in Winnebago County. The three confirmed cases experienced diarrhea beginning May 31. The exact cause of the illness has not yet been determined.

The following are symptoms of *E.Coli* (STEC) and may be seen with or without a fever:

- Abdominal cramps
- Watery or bloody diarrhea (3 or more loose stools in a 24 hour period)
- Vomiting

Contact your healthcare provider if you have experienced any of these *E.Coli* symptoms on or after May 21.

Some steps you can take to help prevent *E. Coli* include:

- Practicing good handwashing
- Following the four steps to food safety when preparing food: clean, separate, cook, and chill
- Washing fruits and vegetables well under running water
- Cooking meats thoroughly and washing hands, counters, cutting boards, and utensils after they touch raw meat
- Avoiding raw milk and unpasteurized dairy products or juices

If you have questions, contact the Winnebago County Health Department by calling 815-720-4050 during normal business hours or completing the online form here on our website at www.wchd.org.

For more information, visit the Winnebago County Health Department website at www.wchd.org. Like us on [Facebook](#), follow us on [Twitter](#), or, contact us at 815-720-4050.

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