

NEWS RELEASE
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E coli Cases Linked to Weber County

Three people contracted E coli with two of those individuals developing the most severe form of E coli infection - Hemolytic Uremic Syndrome (HUS). HUS is a rare condition that often results in damage to the lining of blood vessel walls, destruction of red blood cells, and/or kidney failure. Most cases of HUS occur after an infection in the digestive tract caused by E. coli.

Evidence indicates that all three people contracted E coli from the same source. According to Gary House, Executive Director, "the Weber-Morgan Health Department began an investigation immediately upon learning that the E coli cases were linked to Weber County." It is believed that the E coli contamination occurred sometime during June 28-30 at a restaurant in the Ogden area. As the investigation continues, House strongly urges community members to contact their physician or the health department if they are experiencing any of the following symptoms of HUS:

Early symptoms: fever, abdominal cramps, vomiting and diarrhea, blood in the stools, weakness, and lethargy. Later developing symptoms include: low urine output, no urine output, paleness, bruising, skin rash that looks like fine red spots, yellowish coloration to the skin, decreased consciousness, and seizures (rare).

It is possible that after being contaminated with E coli, you may be able to pass it on to others without ever having symptoms or being sick yourself. As such, it is important to follow the following guidelines to avoid spreading E coli to your family or friends:

- Wash your hands frequently.
- Cook all meat thoroughly.
- Wash all raw fruits and vegetables.
- Make sure that people with diarrhea, especially children, wash their hands carefully with soap after bowel movements to reduce the risk of spreading infection, and that persons wash hands after changing soiled diapers.
- Anyone with a diarrheal illness should avoid swimming in public pools or lakes, sharing baths with others, and preparing food for others.

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