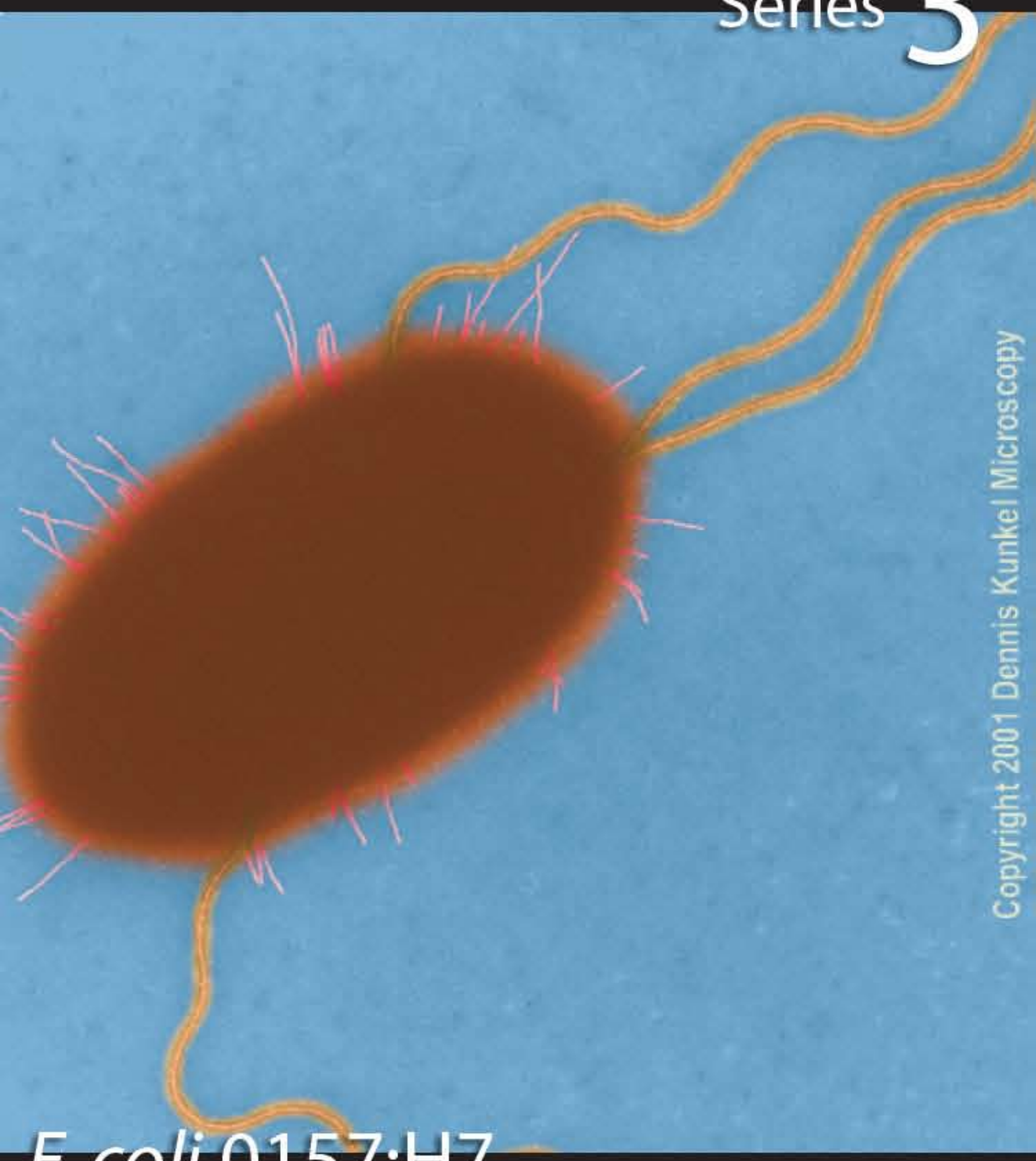
PulseNet

Series 3



E. coli 0157:H7

Department of Health and Human Services

CDC & ATSDR

E. coli 0157:H7

E. coli O157: H7 infection causes about 70,000 cases of diarrhea each year in the United States. *E. coli* is rod-shaped and so small that 10 of them lined up end-to-end would equal the width of a grain of pollen! It has long whip-like tails all over its body that allow it to swim. You can stop *E. coli* by never eating raw or undercooked hamburger or drinking unpasteurized milk or juice and by always washing your hands after petting cows, sheep and goats or after touching ground beef.