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PRESS RELEASE – For Immediate Release

Food Safety Alert: Outbreak of E. coli Infections Linked to Romaine Lettuce

SOUTH CENTRAL IDAHO- South Central Public Health District (SCPHD) joins the Centers for Disease Control and Prevention (CDC) in urging residents to throw away all of their romaine lettuce after an outbreak of E. coli led to 32 reported cases in 11 U.S. states, and another 18 cases in Canada. So far the CDC hasn't reported any cases in Idaho.

While the CDC investigates, they advise all residents to avoid buying any romaine lettuce or salad mixes containing romaine lettuce, throw away all romaine lettuce currently in their homes, and sanitize any containers or counters where romaine lettuce has been stored recently. If you are unsure if your lettuce is romaine, the CDC recommends throwing it out. Restaurants and retailers should not serve or sell any romaine lettuce, including salads and salad mixes.

At this point the CDC has not identified any specific grower, supplier, distributor or brand of romaine lettuce causing the illnesses.

“This is a warning to take seriously,” said Logan Hudson, SCPHD Registered Nurse. “Symptoms can last for several days, and in some cases lead to kidney failure.”

Symptoms of E. coli typically start three to four days after eating or drinking something that contains the bacteria. Symptoms can include severe stomach cramps, diarrhea, and vomiting.

If you are suffering from these symptoms it is important to:

- Talk to your healthcare provider.
- Write down what you ate in the week before you got sick.

- Report your illness to the Health District.
- Cooperate with health investigators while they search for the cause of your illness.

For more information please visit: <https://www.cdc.gov/ecoli/2018/o157h7-11-18/index.html>.