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E. coli 0157:H7

Department of Health and Human Services



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.