

Mayo Clinic Minute

E. coli Facts

	AUDIO
	E. coli can spread through contaminated food. Common culprits include undercooked ground beef and raw vegetables like lettuce and spinach.
Title: DAVID CLAYPOOL, M.D. EMERGENCY MEDICINE Mayo Clinic	E. coli is a very common bacteria; So, most of the time E. coli doesn't cause any kind of problem at all. There are certain strains of E. coli that can cause problems.
	Those problems include diarrhea, abdominal pain and nausea. People with severe symptoms are at risk for kidney failure.
Title: JEFF OLSEN REPORTING Mayo Clinic News Network	E. Coli can affect anyone exposed to the bacteria, but young children and older adults are at higher risk for problems, as are people with weakened immune systems.
	Dr. Claypool says, in most cases, treatment is simply rest and fluids, but ...
	When it doesn't go away; when you're having nausea, vomiting and diarrhea to the point that you're starting to feel weak or dizzy or dehydrated, then you need to be seen.
	Meantime, the best way to avoid E. coli is to wash your hands, and your food and thoroughly cook that burger, too.
	For the Mayo Clinic News Network, I'm Jeff Olsen.