E. coli Signs and Symptoms

*Escherichia coli* (abbreviated as *E. coli*) are a large and diverse group of bacteria. Although most strains of *E. coli* are harmless, others can be pathogenic, meaning they can cause illness. The types of *E. coli* that can cause illness can be transmitted through contaminated water or food, or through contact with animals or persons.

The symptoms of E. coli infections vary for each person but often include severe stomach cramps, diarrhea (often bloody), and vomiting. If there is fever, it usually is not very high (less than 101°F/less than 38.5°C). Most people get better within 5–7 days. Some infections are very mild, but others are severe or even life-threatening.

The incubation period for E. coli is usually 3-4 days after the exposure, but may be as short as 1 day or as long as 10 days.

Contact your healthcare provider if you have diarrhea that lasts for more than 3 days, or is accompanied by high fever, blood in the stool, or so much vomiting that you cannot keep liquids down and you pass very little urine.

For more information on e coli go to [http://www.azdhs.gov/preparedness/epidemiology-disease-control/foodborne/index.php#stec](http://www.azdhs.gov/preparedness/epidemiology-disease-control/foodborne/index.php#stec)