

Protect your child *from* STEC infections



Infections caused by Shiga toxin-producing *Escherichia coli* (STEC) are rare, but they can cause serious illnesses in young children.

Symptoms include diarrhoea (often bloody), stomach cramps, and vomiting. You can do a lot to prevent infection in children! Follow these simple steps to reduce the risk of contracting STEC infection:

1 Always wash hands with hot water and soap after using the bathroom or changing nappies. Make sure young children wash their hands frequently and properly!

2 Cook foods carefully, especially minced beef products (e.g. meatballs and burgers). Ensure that the centre of the food is no longer pink, and is cooked all the way through. Avoid rare cooking

6 Keep raw meats and raw vegetables separate from ready-to-eat foods during meal preparation



7 Wash chopping boards, knives, utensils, and work surfaces immediately after handling raw foods



3 If you buy raw milk (unpasteurized), remember to follow the instruction on the label and **boil it before consuming**



8 If someone in the family has stomach pain, it is best they avoid cooking. After an episode of diarrhoea, use gloves and household bleach to sanitize toilets and other surfaces



9 Outdoor trips and contact with animals are always opportunities for well-being and personal growth. However, remember to wash hands thoroughly and change footwear after any contact with animals or areas where animals live. Ensure children do the same

4 When buying cheese and dairy products for your child, favour those made of pasteurized milk, thermally treated milk, or cheese with a long aging period



5 Follow the instructions on the label for preparing and consuming foods. Wash fruit and vegetables. Do not let children eat raw dough from cookies or cakes before baking

10 Swimming pools at home or on vacation are great for children's well-being – if the water is safe, clean, and fresh at all times



For more information, consult your paediatrician

