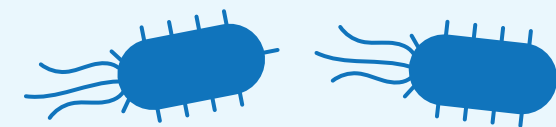


# Protect your child *from* STEC infections



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



3

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

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

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

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**



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**

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



**For more information, consult your paediatrician**

