

September 2006



# Health Alert

**E. coli Outbreak**

## You can get sick from eating raw spinach



If you ate spinach in the last 5 days and are now sick with stomach pain or diarrhea, go to the doctor right away.



Children under 5 years old and the elderly often need extra care if they get sick. They may need to go to the hospital. Most people get better in a week.



If you ate raw spinach more than 5 days ago and you are not sick, then you do not need to see a doctor.



If you touch any raw spinach, wash your hands in hot, soapy water. This will help keep you and others from getting sick.

**Protect Yourself and Your Family**