



Tribal Health Department

East End Office District 3
433 W. Seed Farm Road
Post Office Box 7
Sacaton, Arizona 85147
Phone: (520) 562-5100
Fax: (520) 562-5196

West End Office District 6
5356 West Pecos Road
Laveen, Arizona 85339
Phone: (520) 550-8000
Fax: (520) 550-5491

Animal Control
Spay & Neuter Program
520-562-5100

Community Health
Education Program
520-562-5100 (D3)
520-550-8000 (D6)

Community Health
Nutrition Program
520-562-5100 (D3)
520-550-8000 (D6)

Data Management &
Evaluation
520-562-5100 (D3)
520-550-8000 (D6)

Disease Surveillance
520-562-5100

Environmental Health
Services
520-562-5100 (D3)
520-550-8000 (D6)

Genesis
A Diabetes Prevention
Program for Children
520-562-1237

Injury Prevention
Program
520-562-5100 (D3)
520-550-8000 (D6)

www.gilariver.org
www.mygilariver.com

Health Alert

The Arizona Department of Health Services advises people to throw away Romaine Lettuce harvested in the Salinas, CA growing region associated with a Multi-State E. coli Outbreak. There are now 3 cases in Arizona, and all report eating leafy greens before onset. ADHS suggests that the public who believe that they became ill from eating romaine lettuce be directed to their health care providers and reach out to the health department for guidance. Below is a list of frequently asked questions:

1. What products are affected by this outbreak?

All brands of romaine lettuce grown in the Salinas growing region such as whole heads of romaine; organic romaine; hearts of romaine; packages of precut lettuce; and salad mixes which contain romaine, including baby romaine, spring mix, Caesar salad, wraps, or sandwiches that contain romaine.

2. How do I identify the affected romaine lettuce?

Look for a label showing where the romaine lettuce was grown. It may be printed on the package or on a sticker. If there isn't a label, throw it away. If you don't know if it contains romaine, throw it away.

Wash and sanitize drawers or shelves in refrigerators where romaine lettuce was stored with hot soapy water. Do not leave out unrefrigerated food for more than two hours.

Thoroughly wash hands with soap and water prior to food preparation or consumption and after using the toilet. Wash fruits and vegetables before eating or handling. Avoid cross-contamination of food during preparation by washing hands, cutting boards, utensils, and any food preparation surfaces. Symptoms of E. Coli include diarrhea, which can sometimes be bloody, and abdominal pain with symptoms lasting about 5-7 days in most people. Young children, the elderly, and the immune-compromised are at risk of developing hemolytic uremic syndrome, a potentially life-threatening illness that can cause kidney failure.

For more information visit:

<https://www.cdc.gov/ecoli/2019/o157h7-11-19/index.html> or
Contact the Tribal Health Department at 520-562-5132.

