



Tribal Health Department

East-End Office D3
433 W. Seed Farm Road
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For Immediate Release: November 20, 2018

GRIC Environmental Health Services Advises Residents to Not Eat Romaine Lettuce

The Centers for Disease Control and Prevention (CDC) warned US consumers on Tuesday, November 20, 2018 not to eat romaine lettuce since it may be contaminated with with E. coli bacteria.

Sacaton, AZ The Tribal Health Department Environmental Health Services recommends immediately disposing store-bought romaine lettuce, including salads and salad mixes containing chopped romaine lettuce. The CDC and the Food and Drug Administration (FDA) indicated a multi-state outbreak of E. coli O157 is likely associated with romaine lettuce. No cases have been confirmed in Arizona as of this date.

E. coli can cause serious illness, so it is critical that everyone take precautions by not eating store-bought romaine lettuce, even if you or someone from your family has eaten it and did not get sick. If you or someone from your family recently ate store-bought romaine lettuce and are experiencing symptoms, please seek medical treatment immediately.

Symptoms of E. coli O157 include:

- *Diarrhea (sometimes bloody)
- * Abdominal pain.

E. coli O157 infection ranges from mild to severe, with symptoms lasting about five to seven days in most people. Young children, the elderly, and the immune-compromised are at risk of developing Hemolytic Uremic Syndrome (HUS), a potentially life-threatening illness that can cause kidney failure.

If you eat lettuce from a restaurant you should confirm the leafy greens used to prepare the meal do not include romaine lettuce. The CDC and the FDA are investigating to confirm the source of the E. coli O157 infections, to identify additional cases, and to prevent the spread of the disease.

To prevent foodborne illness, Environmental Health Services advises everyone to 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. The EHS staff will be notifying/inspecting established food venues within the Community to ensure compliance with this notification. For more information about preventing E. coli O157, contact Ralph Jones, Environmental Health Services Supervisor with the Tribal Health Department at 520-562-5120.

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Animal Control
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520-562-5100

Community Health
Education Program
520-562-5100 (D3)
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Community Health
Nutrition Program
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Data Management &
Evaluation
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Disease Surveillance
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Services
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Genesis
A Diabetes Prevention
Program for Children
520-562-1237

Injury Prevention
Program
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