



Tribal Health Department

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For Immediate Release: April 16, 2018

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)
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Disease Surveillance
520-562-5100

Environmental Health
Services
520-562-5100

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

Injury Prevention
Program
520-550-8000

EHS Advises Residents to Not Eat and to Throw Away Chopped Romaine Lettuce

*Three Arizona Residents Are Confirmed with E. coli Related to
a Multi-State Outbreak*

Sacaton, AZ . The Tribal Health Department Environmental Health Services is advising residents to not eat and should dispose of store-bought chopped romaine lettuce, including salads and salad mixes containing chopped romaine lettuce. The Centers for Disease Control and Prevention and the Food and Drug Administration indicated a multi-state outbreak of E. coli O157 is likely associated with chopped romaine lettuce from the Yuma, Arizona growing region.

If you or someone from your family recently ate store-bought chopped romaine lettuce and are experiencing symptoms, please seek medical treatment immediately.

Symptoms of E. coli O157 include diarrhea (sometimes bloody), and 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.

The CDC and the FDA are also advising people that before they eat lettuce from a restaurant to confirm that the product used to prepare the meal is not chopped romaine lettuce from the Yuma, Arizona growing region. The Environmental Health Services is working with local food establishments to ensure they are aware of the issue and comply with the recommendations to discard these food items. To prevent foodborne illness, EHS 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

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preparation by washing hands, cutting boards, utensils, and any food preparation surfaces.

For more information about preventing E. coli O157, contact Ralph Jones, Phone: 520-562-5120, Environmental Health Supervisor, Gila River Indian Community Tribal Health Department.

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