

Sturgeon R-V Schools

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Sturgeon, Missouri 65284

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Wednesday Sept 7, 2016

Dear Parents and Guardians,

The Boone County Health Department has notified us of a third (3rd) confirmed case of *Escherichia coli (E.Coli) 0157: H7* in a Sturgeon Elementary School student. All students were in our early Elementary classes. This infection is characterized by severe abdominal pain, diarrhea that typically turns bloody within 24 hours and sometimes produces a low grade fever. The *E.coli* pathogen, once ingested, attaches to the intestinal lining, rapidly multiplying and causing inflammation.

The incubation period (time from exposure to symptom onset) is usually 3 to 4 days, but may be as short as 1 day or as long as 12 days. Infection can occur in people of all ages but is most common in children. The *E.coli* bacteria are transferred from person-to-person or animal to person. The initial contaminant most frequently comes from contaminated meat. Should your child demonstrate ANY form of diarrhea or any evidence of blood in the stool, it is critical that you notify your medical care provider immediately or seek treatment at a medical facility.

If your child is seen for diarrhea at school, you will be notified and the student will be sent home immediately. The student must remain at home until a stool specimen is negative for *E.coli* bacteria. Below are steps you can take to protect your family:

- 1. Practice meticulous personal hygiene. (*E.coli* can live on surfaces for weeks).**
- 2. Always use thorough handwashing after using the toilet.**

- 3. Clean and disinfect your toilet, potty chairs and bathroom weekly, and at minimum daily if soiled (i.e. -traces of B.M. in the toilet).**
- 4. Do not allow family members to share bath water.**
- 5. Clean and sanitize mouthed items, objects and surfaces daily. Do not use common towels in kitchen or bathrooms.**
- 6. Clean and sanitize all domestic and imported fruits that are ingested with their skin intact.**
- 7. Assure all meats are cooked to an internal temperature of 160 degrees. (Just because meat turns brown in color does not assure *E.coli* is killed).**

Remember, any symptom of diarrhea is a significant concern. Blood in the stool may not be visible to the naked eye, and should be tested for E. Coli.

Please do not hesitate to call me at 573-687-2091 if you have any questions or additional concerns.

Thank you,

**Mary Wolf, MSN, R.N.
Lead Nurse**