

Shiga toxin-producing *E. coli* (STEC)



Infectious Disease
Epidemiology &
Prevention Division

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What is STEC?

Escherichia coli, also known as *E. Coli*, is a bacteria that can be found in the intestines of healthy humans and animals. Some types of *E. Coli* can produce Shiga toxin. This toxin is called Shiga toxin-producing *E. coli* (STEC) and can cause illness with symptoms of stomach cramps, diarrhea (sometimes bloody), and vomiting.



Why do I need to stay home?

- To protect vulnerable populations from getting sick
- Resting at home allows your body to recover faster
- STEC is contagious and can spread easily from person to person without proper handwashing

If you work in, attend, or visit a high-risk setting, extra exclusions may apply



School attendee

Indiana code the following before returning to school:

- Stay home until symptoms stop for more than 24 hours **and**
- Received education on how to prevent this illness at home and at work



Childcare

Indiana code requires the following before returning to work or attending childcare:

- Two consecutive negative stool samples for STEC species collected at least 24 hours apart and at least 48 hours after completion of prescribed treatment **and**
- Symptoms stop for more than 24 hours **and**
- Receiving education on how to prevent this illness at childcare and at work



Healthcare and long-term care facilities

Indiana code requires the following before returning to work:

- Stay home until symptoms stop for more than 24 hours **and**
- Received education on how to prevent this illness at home and at work

For more information, visit the Indiana Department of Health
Shiga toxin-producing *E. coli* webpage.



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Aquatic venues (e.g., swimming pools, whirlpool spas, wading pools, water parks, interactive fountains, lakes)

Indiana code requires the patient to be excluded from aquatic venues until:

- Symptoms stop for greater than two weeks.



Food service

Indiana code requires the following before returning to work:

- **Exclude from duties involving direct food handling until the following has occurred:**
 - Received education on how to prevent this illness at home and at work, such as handwashing, **and**
 - Symptoms stop for more than 24 hours **and**
 - One of the following has occurred:
 - Two consecutive stool samples are negative for STEC species collected 24 hours apart and at least 48 hours after cessation of prescribed treatment **or**
 - Symptom free for at least seven days **or**
 - If no symptoms developed, seven days or greater have passed since diagnosis
- **You may need to contact your local health department for additional guidance**

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