

What is EAEC?

- Enteroaggregative E. coli, or EAEC, are a group of bacteria that causes intestinal illness.
- EAEC is commonly associated with "travelers diarrhea," but can happen anywhere regardless of travel.
- EAEC is transmitted through eating or drinking contaminated food or water.
- Both children and adults can become ill from EAEC.

Who can get EAEC?

It only takes a small amount of ETEC bacteria to make you sick and anyone can get sick from it.

People can get EAEC from:

- eating raw or undercooked meats (or eating something that touched it)
- eating un-washed fruits or vegetables
- drinking untreated water or ice
- drinking raw (unpasteurized) milk
- contact with an infected person or animal or their feces (poop)

Symptoms of EAEC:

Symptoms usually begin between 8-48 hours after exposure.

Symptoms include:

- Diarrhea
- Stomach cramps or pain
- Fever
- Nausea / Vomiting



What to do if you have symptoms:

Contact your health provider if you have concerns or questions about your health, especially if you have bloody diarrhea or severe stomach cramping. They may ask you to submit a stool (poop) sample to diagnose EAEC.

Tell your healthcare provider if you have other medical conditions or a weakened immune system (such as HIV infection or from chemotherapy treatment) because you may be more likely to become severely ill.

How to decrease your chance of getting EAEC:

The best way to decrease your chance of infection is to practice good hygiene.

-Wash your hands often, especially:

- after using the bathroom
- before, during, and after preparing food
- after touching feces (poop) or garbage
- after contact with animals



-Cook all meats all the way.

-Keep raw meats away from other foods.

-Wash all fruits and vegetables.

-Do NOT drink untreated water or unpasteurized milk.

Treatment:

There is no specific medication, cure, or vaccine for an EAEC infection and most people recover without medical treatment.

People with an EAEC infection should drink plenty of fluids to prevent dehydration. Dehydration can cause serious issues and may lead to hospitalization.

If you are pregnant or have a weakened immune system, talk with your healthcare provider to discuss a treatment plan.