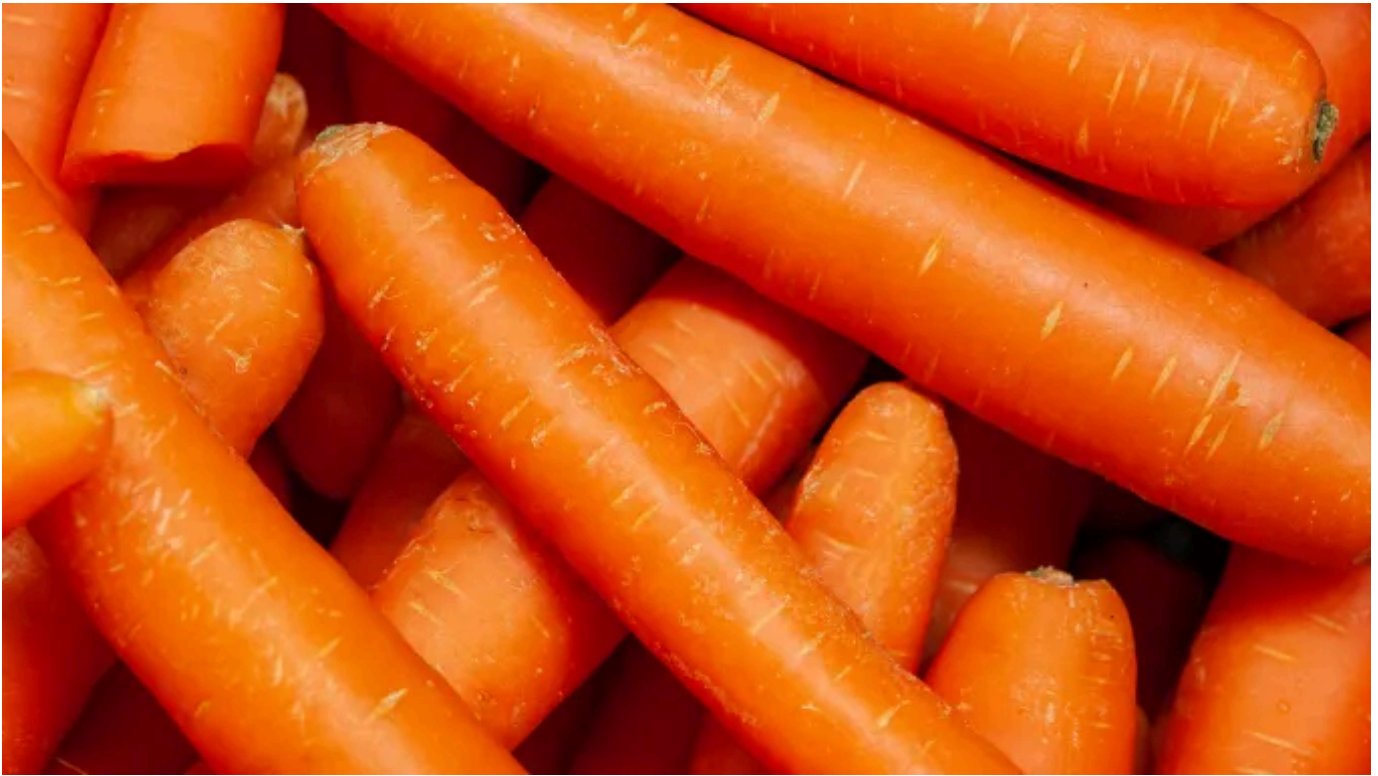


Dozens are sick in E. coli outbreak linked to carrots. Here's what to know about symptoms and how it spreads

By Sam Tupper, CNN

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The carrot E. coli outbreak has led to one death and 15 hospitalizations across 18 states. Marianne Purdie/Moment RF/Getty Images

CNN — An E. coli outbreak connected to several recalled brands of bagged organic carrots led to one death and over a dozen hospitalizations, according to the US Centers for Disease Control and Prevention.

Anyone who purchased the carrots is urged to avoid eating them. Instead, throw them away and wash any item and surface that might have come into contact with them using hot, soapy water.

What is E. coli?

The type of bacteria involved in this outbreak is E. Coli O121:H19, a strain of the dangerous Shiga toxin-producing E. coli, or STEC, which has been linked to ground beef, romaine lettuce and water in the past, the CDC says. The Shiga toxin can penetrate and kill cells, causing tissue damage.

While most kinds of E. coli are harmless and can help with food digestion, others can cause health problems like urinary tract infections, pneumonia, sepsis and serious kidney problems like hemolytic uremic syndrome.

How do you get E. coli?

People typically get E. coli by consuming food or water that is contaminated with infected animal feces or through contact with feces from a person who's infected.



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