

## *el. kolwel* dl lwg **E. coli** Infection

### ***el. kolwel* dl lwg kl hY?**

*el. kolwel* dl lwg ie~k iksm dl dsq dl ibmwrl hY jo AYscyrIciAW *kolwel* (Escheirciha coli) nwmk bYktrIiAW duAwrw huMdl hY[ ieh pwcN ikirAw Aqy gMBIr mwmilAW iv~c guridAW f pRBwivq krDw hY[ *el.kolwel* dIAW bhUq swrIAW iksmW hn Aqy izAwdwqr nukswn rihq hn[

jdoN Bojn jW pwxl dl jWc *el. kolwel* bYktrIiAW lel pOizitv huMdl hY, qW ieh ml dl gMdl dw sMkyq ho skdw hY[

*el. kolwel* dl iksm jo lokW f Aksr ibmwrl krDl hY auh hY Slgw-tOkisn (Sihga-toixn) pYdw krn vwll *el. kolwel*[ sOK lel, AsIN *el. kolwel* pYdw krn vwly Slgw-tOkisn f *el. kolwel* vjoN sMdriBq krWgy[

### **l~Cx kl hn?**

*el. kolwel* dl lwg dy l~CxW iv~c Swml hn:

- pwxl vwly dsq, jo gMBIr mwmilAW iv~c KUn Bry ho skdy hn
- mqlI
- aultIAW
- pyt iv~c kVv~l
- hlkw buKwr

l~Cx *el. kolwel* vwll ikxy clz nwl sMprk iv~c Awaux jW Kwq qoN 2 qoN 10 idnW bwAd SurU ho skdy hn, pr Awm qOr 'qy 3 qoN 4 idnW dy AMdr SurU ho jWdy hn[ l~Cx 5 qoN 10 idnW q~k rih skdy hn[

kuJ mwmilAW iv~c, *el. kolwel* ie~k gMBIr Aqy kel vwr Gwqk ibmwrl dw kwrn bx skdl hY ijsf hYmoilitk XUryimk isMfrom (HUS) ikhw jWdw hY ijsdy nqljy vjoN guridAW dw Pyl hoxw, AnImIAW Aqy AMdrUnl blIifMg ho skdl hY[ HUS Kws qOr 'qy Coty b~icAW, bZurgW, kmzor ieimaUn isstm vwly lokW Aqy grBvql AOrqW lel nukswndyh ho skdw hY[

### **ibmwrl ik~QoN AwauNdl hY?**

*el. kolwel* pSUAW, b~kriAW, ByfW, ihrn Aqy AYIk smyq bhUq swry ishqmMd jwnvrW dIAW AMqVIAW Aqy ml iv~c mOjUd huMdl hY[

k~tx dl pRikirAw dy dOrwn, *el.kolwel* kel vwr mws dl sqHw 'qy Aw jWdl hY[mIt dy pUry k~tW ijvyN ik styks jW rost dl sqHw 'qy Awm qOr 'qy isrP *el. kolwel* huMdl hY, ijs nwl

Kwxw pkwax duAwrw *el.kolwel* f mwrnw Awswn ho jWdw hY[

jdoN mIt f plisAw jW mSInI qOr 'qy nrm klqW jWdw hY, qW sqHw 'qy mOjUd *el. kolwel* mIt dy AMdr jw skdl hY[iehl kwrn hY ik mIt dy pUry k~tW nwlOn plisAw mIt Aqy mSInI qOr 'qy nrm mIt ibmwrl dw kwrn bx skdy hn[jykr mIt f cMgl qrHW pkwieAw jwvy qW *el. kolwel* f mwirAw jw skdw hY[

*el. kolwel* kel vwr PIW Aqy sbzIAW smyq hor BojnW iv~c vl pwel jWdl hY, nwl hl gYr-pYscrwelzf du~D auqpwdW, jUs, swelfr Aqy aupcwr nw klqy jW dUISq plx vwly pwxl iv~c vl pwel jWdl hY[

mnorMjn vwly pwxl iv~c qYrnw jo mnu~kl jW jwnvrW dy slvryj nwl dUISq huMdw hY, vl lwgW dw kwrn bx skdw hY[

*el. kolwel* ie~k ibmwrl ivAkqI qoN dUjy ivAkqI iv~c vl sMcwirq ho skdl hY[

### **mYN ibmwrl hox qoN ikvyN bcW?**

*el. kolwel* dl lwg dy joKm f Gtwaux lel:

- mIt f KrlDx qoN bwAd ijMnl jldI ho sky Pir~j iv~c r~Ko jW PRiz kro
- mIt f pkwaxw SurU krn qoN pihlW iesf hmySw Pir~j iv~c cMgl qrHW pMGrwE[ XkInI bxwE ik ieh cMgl qrHW lpyitAw hoieAw hY Aqy hor BojnW qoN dUr r~Ko[ jMmy hoey jW AMSk qOr 'qy jMmy hoey mIt f pkwax dl koiSS nw kro
- Bojn iqAwr krn qoN pihlW, k~cy mIt f sMBwlx qoN bwAd Aqy twielt dl vrqoN krn qoN bwAd jW fwiepr bdlx qoN bwAd Awpxy h~QW f cMgl qrHW Dovo ikauNik *el.kolwel* sMkrimq ml rwhIN dUijAW iv~c PYl skdl hY[
- k~cy mws f CUhx vwly swry BWifAW, kitMg borfW Aqy kwaUNtrW f hmySw Dovo Aqy iPr rogwxU-mukq kro qW jo *el. kolwel* f hor BojnW f dUISq krn qoN roikAw jw sky[ qusIN 200 plpIAYm (pwrts pRqI imlIAn) no irMs sYnltwelizMg Gol dl vrqoN kr skdy ho

**200 plpIAYm no irMs sYnltwelizMg Gol ikvyN bxwieAw jwvy:**

1. im.lI. (1 v~fw cmc) GryLU blIc f 4 lItr (1 gYln) pwxl iv~c imlWE; jW 5 im.lI. (1 Cotw cmcw) GryLU blIc f 1 lItr iv~c imlWE (4 k~p) pwxl
2. sw& pypr twvl nwl pUMJx jW hvw nwl su~kx dyx qoN pihlW sYnltwelzr f G~to-G~t 1 imMt lel sqHw jW brqn nwl sMprk krn idE[

Awpxy blIc auqpwd dy sMGxypn dy AwDwr 'qy shl sYnltwelzr dl qwkq bxwauX lel bl.sl. dy PUFsy& klorln fwieilaUSn kYlkulytr tUl dl vrqoN kr  
[www.foodsafe.ca/dilution-calculator.html](http://www.foodsafe.ca/dilution-calculator.html)

**swvDwn:** AYisf jW AmonIAw vwly auqpwdW dy nwl blIc f imlwaux nwl ie~k zihrlI gYs bx jWdl hY jo swH lYx iv~c gMBIr sm~isAwvW, dm Gutx Aqy sMBwvl mOq dw kwrn bxdI hY[

- bIP dy pUry k~tW f 63°C (145°F) dy G~to-G~t AMdrUnl qwpmwn 'qy pkwE[ jy styks bxw rhy ho, qW pkwauX dOrwn G~to-G~t do vwr prqo
- plsy hoey mlt, ijvyN ik hYmbrgr pYtlz, mlt loP Aqy rolf rost (bIP rUlwf) Aqy bIP dy mSlnl qOr 'qy nrm k~tW f qW q~k pkwE jdoN q~k ik m~D 74°C (164°F) jW izAwdw grm qwpmwn 'qy nhIN phuMc jWdw Aqy G~to-G~t 15 sikMtW lel au~Qy rihMdw hY[ ie~k ifjItI jWc itp Qrmwmltr nwl mlt dy AMdrUnl qwpmwn f mwpo
- pkwey hoey mlt f kdy vl ausy Doql hoel sqHw 'qy vwps nw r~Ko ijs 'qy k~cw mws r~iKAw igAw sl[ k~cy mlt qoN jUs *el. kolwel* nwl dUISq ho skdw hY, jo ik pkwey hoey mlt f dUISq kr skdw hY[
- pkwey hoey mlt 'qy mYrInyf f sws vjoN dubwrw nw vrqo jdoN q~k mYrInyf f pihlW aubwilAw nw jwvy[
- pkwey hoey mlt f qurMq srv kro jW auhnW f grm r~Kof auh G~to-G~t 60°C (140°F) jW v~D grm hoxY cwhldy hn, jdoN q~k qusIN auhnW f proxl lel iqAwr nhIN ho jWdy
- ikxy vl PIW Aqy sbzIAW f k~cw Kwx qoN pihlW TMfy vgdY pwxl nwl Dovo, BwvyN auhnW f iC~ilAw jW k~itAw jweygw[ Kurdrl cmVI vwly PIW Aqy sbzIAW 'qy skRb burS dl vrqoN kro, ijvyN ik kYntwIUp
- ibnW pyscurwelz klqy du~D, jUs Aqy swelfr f plx qoN bco
- ikxy Jrny, dirAw, ndI, JI, qwlwb jW KoKly KUH qoN ibnW aupcwr klqy pwxl nw pIE jW nw vrqo[ mMn IE ik ieh jwnvrW dy ml nwl dUISq hY
- bMd blcW jW Aijhy pwxl iv~c qYrwkl qoN prhyz kro jo crwghw dw inkws ho skdw hY

bl.sl. iv~c, tUtl qoN plx vwly pwxl dl Awm *el. kolwel* gMdgI lel inXmq qOr 'qy jWc klqI jWdl hY[

## kl ibmwrl dw koel ielwj hY?

jy quhwf dsq hY Aqy/jW kuJ idnW qoN v~D lel KUUn Bry dsq hn, qW quhwf ishq sMBwl pRdwqw f imlxw cwhldw hY[

guAwey hoey qrl pdwrQW f punr sQwipq krn Aqy flhwelfrySn f roxX lel bhUq swry qrl pdwrQ plxw mh~qpUrn hY[ dsq roxX vwI dwel jW AYntIbwieEitks nw IE jdoN q~k quhwfy ishq sMBwl pRdwqw duAwrw is&wrS nhIN klqI jWdl[

jykr quhwf gMBIr *el. kolwel* dl lwg hY, qW quhwf hspqwl iv~c BrqI hox, KUUn cVHwauX Aqy fwieliss dl loV ho skdl hY[

## hor jwxkwrl lel

Bojn sur~iKAw bwry hor jwxkwrl lel, hyT ilKIAW hYIQilMkblsl PwllW dyKo:

- [HealthLinkBC File #03 pYscurwelz f Aqy k`cw du`D](#)
- [HealthLinkBC File #22 GryLU f~bwbMdl – bOtUilz qoN ikvyN bicAw jwey](#)
- [HealthLinkBC File #59a Bojn sur~iKAw: Bojn nUM sur~iKAq bxwauX dy Aswn qrlky](#)
- [HealthLinkBC File #59b qwzy PIW Aqy sbzIAW lel Bojn sMbMDI sur`iKAw](#)
- [HealthLinkBC File #59c Bojn sur`iKAw: Bojn dy lyblW qy ihdweiqW](#)
- [HealthLinkBC File #59d b`icAw dIAW dyKBwl suivDwvW iv~c Bojn sur`iKAw](#)
- [HealthLinkBC File #72 pYscurwelz nw klqy hoey PIW/sbzIAW dy jUs Aqy swelfr: ishq lel ie~k sMBw Kqrw](#)
- [HealthLinkBC File #76 Bojn rwhIN PYlx vwIIAW bImwrIAW dy ijAwdw joKm vwly lokW lel prhyzXog Bojn](#)



BC Centre for Disease Control  
 Provincial Health Services Authority

hYIQilMkblsl PwllW dy hor iviSAW vwsqy, [www.HealthLinkBC.ca/healthfiles](http://www.HealthLinkBC.ca/healthfiles) qy jW Awpxy sQwnk pbilk hYIQ Xuint kol jwE[bl. sl. iv~c ishq sMbMDI nOn-AYmrjYnsl jwxkwrl Aqy slwH lel, [www.HealthLinkBC.ca](http://www.HealthLinkBC.ca) qy jwE jW **8-1-1** (tol PRI) qy Pon kro[bihry Aqy a`ucw suXn vwIIAW dl shwieqw vwsqy, **7-1-1** qy Pon kro[ bynqI krn qy 130 qoN v~D BwSwvW iv~c Anuvwd syvwvW auplbd hn[