

## INFORMATION LETTER

Dear Mr / Mrs

About Houseflies :

Disease Escherichia Coli

*Escherichia coli*, also known as *E. coli*, is a Gram-negative, facultative aerobic, rod-shaped, coliform bacterium of the genus *Escherichia* that is commonly found in the lower intestine of warm-blooded organisms (endotherms). Most *E. coli* strains are harmless, but some serotypes (EPEC, ETEC etc.) can cause serious food poisoning in their hosts, and are occasionally responsible for food contamination incidents that prompt products recalls. The harmless strains are part of the normal micro biota of the gut, and can benefit their hosts by producing Vitamin K2 (which helps blood to clot) and preventing colonisation of the intestine with pathogenic bacteria, having a mutualistic relationship. *E. coli* is expelled into the environment within fecal matter. The bacterium grows massively in fresh fecal matter under aerobic conditions for 3 days, but its numbers decline slowly afterwards.

- Some versions of E. coli make you sick by making a toxin called Shiga. This toxin damages the lining of your intestine. The strains of E. coli that make the toxin are sometimes called STEC, which is short for “Shiga toxin-producing E. coli.”
- Most types of E. coli are harmless and even help keep your digestive tract healthy. But some strains can cause diarrhea if you eat contaminated food or drink fouled water.