

Management And Prevention Of E.Coli Infection In Children



Homecare tips

Offer adequate fluids, including water and soups.



Avoid serving apple and pears juices, and sugary and caffeinated beverages.



Serve low-fiber and easily digestible foods, such as rice and yogurt.



Avoid feeding high-fiber, high-fat, and spicy foods, dairy products, and foods with preservatives.



Preventative tips



Do not offer unpasteurized milk or juice.



Cook meat and meals containing meat to at least 145°F to 160°F.



Wash all fruits and vegetables thoroughly under running water.



Encourage children to avoid eating at unhygienic places and carry water when traveling.