**LETTER TO PARENTS AND STAFF**

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| **Concerning letters to parents and staff:**   * No letters should be sent unless diagnosis has been confirmed by a laboratory test. * Notifiable diseases (MADO) must always be reported to the DSPublique (Direction of public health) in order to confirm which measures should be taken. * No letters should be sent without prior consent of the DSPublique. |

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Daycare or school: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Subject:** Enterohemorrhagic Escherichia coli (E.coli) **Gastroenteritis**

Dear parents,

Dear staff member,

Someone at your daycare or school has been diagnosed with Enterohaemorrhagic E. coli gastroenteritis. This disease is caused by a bacterium. The enclosed sheet provides information about this disease.

Anyone with the symptoms of this disease should see a doctor so that stool tests can be made and remain at home until the results are known.

Bring this letter to your medical consultation as it can help the doctor decide on a course of action. Please advise the daycare or school if stool tests confirm the diagnosis of enterohaemorrhagic E. coli gastroenteritis.

Thank you for your co-operation.

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(Please print)

Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Telephone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Encl: Information sheet

**enterohaemorrhagic Escherichia coli (E. coli) gastroenteritis**

**Information and advice**

**What is enterohaemorrhagic E. coli gastroenteritis?**

Enterohaemorrhagic E. coli gastroenteritis (also known as “hamburger disease”), is an intestinal infection caused by a bacterium. While there may be no symptoms, this infection can cause abdominal pain, diarrhea, fever and blood in the stool. In rare cases, this type of gastroenteritis can provoke a complicated disease called haemolytic and uremic syndrome, which is a serious disease.

**How is it transmitted?**

The bacterium is present in the stool of the infected person. Enterohaemorrhagic E. coli gastroenteritisis caught by ingesting the bacterium. The disease can be transmitted by contaminated food, water, hands or objects. Sometimes, the bacterium can contaminate the environment, in particular through animals (on farms or at the zoo), and be transmitted when hands or a contaminated object are placed in the mouth.

**How is it detected?**

Stool testing must be done to confirm the disease.

**How is enterohaemorrhagic E. coli gastroenteritis treated?**

Rehydration is the usual course of treatment. Antibiotics are not usually recommended.

**How can enterohaemorrhagic E. coli gastroenteritis be prevented?**

The following hygienic measures can usually prevent the infection.

* Washing hands
* after going to the toilet
* after changing a child’s diaper
* after helping a child go to the toilet
* before handling food
* after handling raw eggs, meat and poultry
* after touching an animal or its surroundings
* before eating
* Observing the food safety rules in the guide of good hygiene and food safety practices, available in French only on the MAPAQ website : [Guide des bonnes pratiques d'hygiène et de salubrité alimentaires (gouv.qc.ca)](https://www.mapaq.gouv.qc.ca/fr/Publications/Guidemanipulateur5.pdf)*.*
* Cleaning and frequently disinfecting contaminated surfaces such as changing tables, toilets, bathroom countertops, sinks and taps, and children’s toys.
* Avoiding drinking the water in a swimming or wading pool.