

Multistate Outbreak of *E. coli* O157:H7 Infections Linked to Chopped Romaine Lettuce

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Highlights

- Information collected to date indicates that chopped romaine lettuce from the Yuma, Arizona growing region could be contaminated with *E. coli* O157:H7 and could make people sick.
 - At this time, no common grower, supplier, distributor, or brand has been identified.
- **Advice to Consumers:**
 - Consumers anywhere in the United States who have store-bought chopped romaine lettuce at home, including salads and salad mixes containing chopped romaine lettuce, should not eat it and should throw it away, even if some of it was eaten and no one has gotten sick. If you do not know if the lettuce is romaine, do not eat it and throw it away.
 - Before purchasing romaine lettuce at a grocery store or eating it at a restaurant, consumers should confirm with the store or restaurant that it is not chopped romaine lettuce from the Yuma, Arizona growing region. If you cannot confirm the source of the romaine lettuce, do not buy it or eat it.
- **Advice to Restaurants and Retailers:**
 - Restaurants and retailers should not serve or sell any chopped romaine lettuce, including salads and salad mixes containing chopped romaine lettuce, from the Yuma, Arizona growing region.
 - Restaurants and retailers should ask their suppliers about the source of their chopped romaine lettuce.
- CDC, public health and regulatory officials in several states, and the [U.S. Food and Drug Administration](#) are investigating a multistate outbreak of Shiga toxin-producing *Escherichia coli* O157:H7 (*E. coli* O157:H7) infections.
- Thirty-five people infected with the outbreak strain of *E. coli* O157:H7 have been reported from 11 states.
 - Twenty-two people have been hospitalized, including three people who have developed a type of kidney failure called hemolytic uremic syndrome.
 - No deaths have been reported.
- This investigation is ongoing, and CDC will provide updates when more information is available.

Case Count Update

Since the last update on April 10, 2018, 18 more people from 9 states were added to this outbreak.

As of April 12, 2018, 35 people infected with the outbreak strain of *E. coli* O157:H7 have been reported from 11 states. A list of the states and the number of cases in each can be found on the [Case Count Map page](#). Illnesses started on dates ranging from [March 22, 2018 to March 31, 2018](#). Ill people range in age from 12 to 84 years, with a median age of 29. Sixty-nine percent of ill people are female. Twenty-two ill people have been hospitalized, including three people who developed hemolytic uremic syndrome, a type of kidney failure. No deaths have been reported.

Illnesses that occurred after March 27, 2018, might not yet be reported due to the time it takes between when a person becomes ill with *E. coli* and when the illness is reported. This takes an average of [two to three weeks](#).

The current outbreak is not related to a recent multistate outbreak of *E. coli* O157:H7 infections linked to [leafy greens](#). People in the previous outbreak were infected with a different DNA fingerprint of *E. coli* O157:H7 bacteria.

Investigation Update

Epidemiologic evidence collected to date indicates that chopped romaine lettuce is the likely source of this outbreak. Twenty-six (93%) of 28 people interviewed reported consuming romaine lettuce in the week before their illness started. This percentage is significantly higher than results from a [survey\[787 KB\]](#) of healthy people in which 46% reported eating romaine lettuce in the week before they were interviewed. Most people reported eating a salad at a restaurant, and romaine lettuce was the only common ingredient identified among the salads eaten. The restaurants reported using bagged, chopped romaine lettuce to make salads. At this time, ill people are not reporting whole heads or hearts of romaine.

Traceback investigations are ongoing to determine the source of chopped romaine lettuce supplied to restaurant locations where ill people ate. At this time, no common grower, supplier, distributor, or brand has been identified. However, preliminary information indicates that the chopped romaine lettuce was from the Yuma, Arizona growing region.

Information collected to date indicates that chopped romaine lettuce from the Yuma, Arizona growing region could be contaminated with *E. coli* O157:H7 and could make people sick. Read [CDC's advice](#) to consumers, restaurants, and retailers.

This investigation is ongoing, and CDC will provide more information as it becomes available.