

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

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What's New?

- Twenty-eight more ill people from 12 states were added to this investigation since the last update on May 2, 2018.
- Four more states have reported ill people: Florida, Minnesota, North Dakota, and Texas
- The most recent illness started on April 25, 2018. Illnesses that occurred in the last two to three weeks might not yet be reported because of the time between when a person becomes ill with *E. coli* and when the illness is reported to CDC.

Highlights

- Information collected to date indicates that romaine lettuce from the Yuma growing region could be contaminated with *E. coli* O157:H7 and could make people sick.
 - For the latest information on the investigation into where romaine lettuce was sourced, visit the [U.S. Food and Drug Administration \(FDA\) website](#).
- **Advice to Consumers:**
 - Do not eat or buy romaine lettuce unless you can confirm it is not from the Yuma growing region. Romaine lettuce has a shelf life of several weeks, and contaminated lettuce could still be in homes, stores, and restaurants.
 - Product labels often do not identify growing regions; so, do not eat or buy romaine lettuce if you do not know where it was grown.
 - This advice includes whole heads and hearts of romaine, chopped romaine, baby romaine, organic romaine, and salads and salad mixes containing romaine lettuce. If you do not know if the lettuce in a salad mix is romaine, do not eat it.
- **Advice to Restaurants and Retailers:**
 - Do not serve or sell any romaine lettuce from the Yuma growing region. This includes whole heads and hearts of romaine, chopped romaine, baby romaine, organic romaine, and salads and salad mixes containing romaine lettuce.
 - Restaurants and retailers should ask their suppliers about the source of their romaine lettuce.
- **Advice to Clinicians:**

- Antibiotics are not recommended for patients with suspected *E. coli* O157 infections until diagnostic testing can be performed and *E. coli* O157 infection is ruled out.
- CDC, public health and regulatory officials in several states, and the FDA are investigating a multistate outbreak of Shiga toxin-producing *Escherichia coli* O157:H7 (*E. coli* O157:H7) infections.
- 149 people infected with the outbreak strain of *E. coli* O157:H7 have been reported from 29 states.
 - 64 people have been hospitalized, including 17 people who have developed a type of kidney failure called hemolytic uremic syndrome.
 - One death was reported from California.
- This investigation is ongoing, and CDC will provide updates when more information is available.

Case Count Update

Since the last update on May 2, 2018, 28 more ill people were added to this outbreak.

As of May 8, 2018, 149 people infected with the outbreak strain of *E. coli* O157:H7 have been reported from 29 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 13, 2018 to April 25, 2018](#). Ill people range in age from 1 to 88 years, with a median age of 30. Sixty-five percent of ill people are female. Of 129 people with information available, 64 (50%) have been hospitalized, including 17 people who developed hemolytic uremic syndrome, a type of kidney failure. One death was reported from California.

Illnesses that occurred after April 17, 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](#).

Investigation Update

State and local health officials continue to interview ill people to ask about the foods they ate and other exposures they had before they became ill. Of the 112 people interviewed, 102 (91%) reported eating 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.

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

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