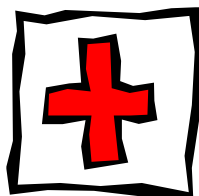


## WHAT IS E.COLI 0157?



E.coli 0157 is a form of food poisoning caused by a particularly virulent type of Escherichia coli bacteria which typically results in diarrhoea.

### How did I get it?

From any of the following sources:

- From handling raw meat especially beef
- From eating undercooked meat or poultry or other contaminated food products
- Consuming untreated milk or dairy products
- Swimming in or drinking un-chlorinated water
- From direct contact with animals particularly on farms or in animal sanctuaries
- From close contact with another infected person

### When did I get it?

The illness usually occurs within 3-8 days of infection, but 3-4 days is normal.

## What are the signs and symptoms?

- Diarrhoea with bloody stools
- Headaches, nausea, and vomiting
- Symptoms normally persist for about a week
- For the very young, old or those already unwell, E.coli 0157 may be more severe and complications such as renal failure can occur.

### How do I stop it spreading?

- Wash hands thoroughly after going to the toilet and before preparing meals or eating
- Young children with the infection should have their hands washed for them or be supervised
- Disinfect all areas in the toilet daily (including door handles)
- Infected persons should stay away from work until vomiting and diarrhoea have ceased
- If the infected person is a food handler, works as a health carer / nurse or is a child attending school or a nursery etc further advice should be obtained
- Read the accompanying leaflet for further guidance

## Where can I get more advice?

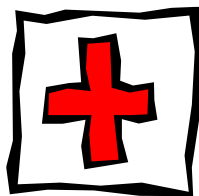
- Your own General Medical Practitioner or a health specialist will be able to advise upon individual patient health care.
- You should inform your place of work or in the case of children, the head teacher of the school to find out if exclusion is necessary and when you can return.
- The investigating officer will also provide you with a more general leaflet on infection control and may be contacted on the number below for further advice if it is required.

Ceredigion County Council  
Environmental Services and Housing Dept  
Neuadd Cyngor Ceredigion  
Penmorfa  
Aberaeron  
Ceredigion  
SA46 0PA

Tel No: 01545 572105  
Fax: 01545 572380



## BETH YW E.COLI 0157?



E.coli 0157 yw math o wenwyn bwyd sy'n cael ei achosi gan fath arbennig o ffyrnig o'r bacteria Escherichia coli sydd fel arfer yn achosi dolur rhydd.

### O ble ddearth y clwy?

O un o'r ffynonellau isod:

- Trin a thrafod cig amrwd, eidion yn arbennig
- Bwyta cig neu ddofednod heb eu coginio ddigon neu gynnyrch bwyd wedi'u heintio
- Yfed llaeth neu fwyta cynnyrch llaeth heb eu trin
- Nofio mewn dŵr heb ei glorineiddio neu ei yfed
- Cyswllt uniongyrchol ag anifeiliad, yn arbennig ar ffermydd neu mewn gwarchodfeydd anifeiliad
- Cyswllt agos â rhywun sydd wedi'i heintio

### Pryd wnes i ddal y clwy?

Byddwch fel arfer yn dechrau teimlo'n sâl o fewn 3-8 niwrnod wedi l chi gael eich heintio, ond 3-4 diwrnod sy'n arfero.

### Beth yw'r arwyddion a'r symptomau?

- Dolur rhydd gyda gwaed i'w weld yn y carthion.
- Pen tost, teimlo'n gyfoglyd, cyfogi.
- Bydd y symptomau'n para am ryw wythnos.
- Ymhlith plant back, yr Henoed neu bobl sydd eisoes yn sâl, gall E.coli 0157 fod yn fwy difrifol a gall arwain at gymhlethdodau, e.e. gyda'r arenau.

### Sut mae ei atal rhag lledu?

- Golchi'r dwylo yn drylwyr ar ôl mynd i'r toiled a chyn paratoi bwyd neu fwyta bwyd.
- Dylid golchi dwylo plant ifanc sydd â'r haint neu eu goruchwyllo yn golchi eu dwylo eu hunain.
- Diheintio pob man yn y toiled bob dydd (gan gynnwys dolenni'r drws).
- Dylai pobl sydd wedi'u heintio aros adre o'r gwaith hyd nes y bydd y cyfogi a'r dolur rhydd wedi cilio.
- Os yw'r sawl sydd wedi'i heintio yn trin bwyd, yn gweithio fel gofalydd iechyd/nyrs neu'n blentyn sy'n mynd i ysgol neu feithrinfa ayb holwch am gyngor pellach.
- Darllen y daflen sydd ynghlwm am gyngor mwy manwl.

### Ble alla i gael mwy o gyngor?

- Bydd eich Meddyg Teulu neu arbenigwr lechyd yn gallu rhoi cyngor i chi ar y gofal fydd ei angen ar gleifion unigol.
- Dylech ddweud wrth eich cyflogwr neu, gyda phlant, brifathro'r ysgol i weld a oes angen aros adre a phryd i ddychwelyd i'r gwaith neu'r ysgol.
- Bydd y Swyddog ymchwilio hefyd yn rhoi i chi daflen fwy cyffredinol ar sut i reoli'r haint a gallwch gysylltu â'r Swyddog drwy ffonio'r rhif isod os bydd angen mwy o wybodaeth arnoch.

Ceredigion County Council  
Adran Gwasanaethau Amgylcheddol a Thai  
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