



## **BVC BLAST**

Date: November 21, 2018

Topic: Romaine Lettuce Warning

NEW YORK — Food regulators urge Americans not to eat any romaine lettuce because of a new food poisoning outbreak.

According to the Centers for Disease Control, 32 people in 11 states have been infected in an E. coli outbreak linked to romaine lettuce. One case was reported in Ohio

The CDC warns consumers who have any type of romaine lettuce in their house to throw it away, even if some was already eaten with nobody getting sick. This includes all types of romaine, including whole heads, precut lettuce and salad mixes containing romaine.

Regulators also recommend washing and sanitizing drawers or shelves where romaine was stored.

According to the CDC, people usually get sick from E. coli 2-8 days after swallowing the germ. Symptoms include stomach cramps, diarrhea and vomiting.

Some people who get the infection can get a type of kidney failure called hemolytic uremic syndrome (HUS).