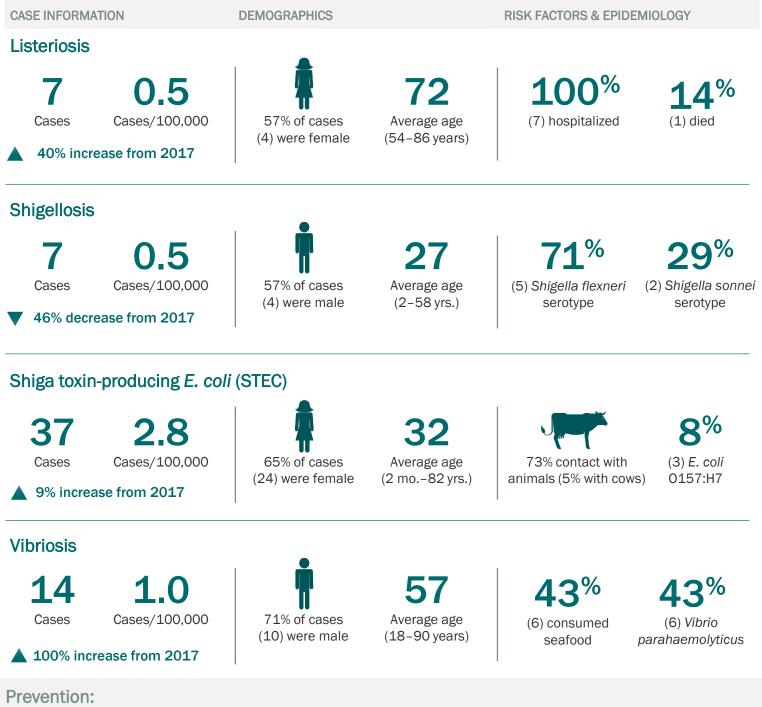


Listeriosis, Shigellosis, STEC, and Vibriosis

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- Wash hands with soap and water, especially after contact with animals,
- using the toilet or changing diapers, gardening, and before preparing food and eating
- Avoid unpasteurized juices and raw milk products
- Prevent cross contamination of cooked foods and uncooked foods and the surfaces used to prepare these foods

## **Reporting:**

Listeriosis, Shigellosis, Shiga toxin-producing *E. coli* (STEC), and Vibriosis must be reported to Maine CDC within 48 hours of recognition or strong suspicion of disease. Telephone: 1-800-821-5821 Fax: 1-800-293-7534

For more information visit: www.maine.gov/idepi www.cdc.gov/listeria www.cdc.gov/shigella www.cdc.gov/ecoli www.cdc.gov/vibrio