

# Meet the Superbugs

## *Escherichia coli*

**Also called:** *E. coli*

**Say it:** Esh-er-EE-key-ah Kohl-eye

**About:** One of the most common bacteria living in our intestines, this bacteria can cause serious infections and are able to become resistant to many antibiotics, including the important carbapenem-class.<sup>1,3</sup>

**Shape:** Rod<sup>2</sup>

**Year identified:** 1885<sup>2</sup>

**Potential threats include:**  
Urinary tract and infections,  
food poisoning, abdominal  
infections, blood stream  
infections and sepsis<sup>3</sup>

**One way to help  
fight this Superbug:**  
Wash hands regularly  
with clean running  
water and soap<sup>4</sup>

**Resources:** **1.** CDC, *E. coli (Escherichia coli)* Questions and Answers. Available at: <https://www.cdc.gov/ecoli/general/index.html>. Last accessed August 2019. **2.** Ji Youn Lim, A Brief Overview of *Escherichia coli* O157:H7 and Its Plasmid O157, National Institute of Health, Available at: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3645889/> Last accessed August 2019. **3.** Mandell, Douglas, and Bennett's Principles and Practice of Infectious Diseases, 7th edition, edited by Gerald L. Mandell, John E. Bennett, and Raphael Dolin, 2009 **4.** CDC When and How to Wash Your Hands, last referenced August 2019, <https://www.cdc.gov/handwashing/when-how-handwashing.html>

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