



Baby Spinach Recalled Due to Potential Health Hazard

November 16, 2021 - The Kane County Health Department is advising that the Centers for Disease Control and Prevention (CDC) is investigating a multi-state outbreak of E Coli infection linked to baby spinach.

Minnesota officials found *E. coli* O157:H7 in a package of leftover Josie's Organics baby spinach collected from a sick person's home. Five people in this outbreak reported eating spinach in the week before they got sick and 1 reported Josie's Organics brand. Investigators are working to determine if additional products may be contaminated.

Josie's Organics Baby Spinach is sold in stores nationwide. The product is sold in plastic clamshell containers with a "best by" date of October 23, 2021.

According to the CDC, as of November 15, 2021, 10 people infected with the outbreak strain of *E. coli* O157:H7 have been reported from 7 states. There have been no reported illnesses in Illinois.

CDC advises people to not eat any contaminated spinach. Throw it away or return it to where you bought it. Wash items and surfaces that may have touched the contaminated spinach using hot soapy water or a dishwasher. Call your healthcare provider if you have any of these severe *E. coli* symptoms:

- Diarrhea and a fever higher than 102°F
- Diarrhea for more than 3 days that is not improving
- Bloody diarrhea
- So much vomiting that you cannot keep liquids down
- Signs of dehydration, such as:
 - Not peeing much
 - Dry mouth and throat
 - Feeling dizzy when standing up

Most people infected with Shiga toxin-producing *E. coli* experience severe stomach cramps, diarrhea (often bloody), and vomiting. Symptoms usually start 3 to 4 days after swallowing the bacteria. Most people recover without treatment after 5 to 7 days. Some people may develop a type of kidney failure (hemolytic uremic syndrome, also called HUS) and would need to be hospitalized.

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Baby Spinach Recalled Due to Potential Health Hazard – page 2

For more information, and information on product details, visit
<https://www.cdc.gov/ecoli/2021/o157h7-11-21/index.html>

The Kane County Health Department has an abundance of information about food safety online at KaneHealth.com/Pages/Food-Safety.aspx.

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