



# News Release

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## Five cases of *E. Coli* illness linked to romaine lettuce identified in WA

**OLYMPIA** – The Washington State Department of Health urges people in Washington not to buy or eat romaine lettuce unless you can confirm it is not from the Yuma, Arizona growing region. A total of five cases *E. coli* illness in Washington have been linked to the national outbreak.

Washington state case counts as of 1:30 pm on 4/27/18

#	County	Age	Hospitalized
1	King	50s	Y
2	Spokane	<10	N
3	Spokane	<10	N
4	King	<10	Y
5	King	<10	N

“This particular strain of *E. coli* can cause severe illness, including bloody diarrhea and hemolytic uremic syndrome (HUS), which is a type of kidney failure,” State Epidemiologist for Communicable Disease Dr. Scott Lindquist said. “If you have [symptoms](#), including bloody diarrhea, abdominal cramping and vomiting, we urge you to contact your healthcare provider.”

The most recent information from the [Centers of Disease Control and Prevention](#) indicates that all romaine lettuce from the Yuma, AZ, growing region should not be eaten. This includes whole heads and hearts of romaine, chopped romaine and salads and salad mixes containing romaine lettuce. If you have romaine lettuce at home and you do not know where it was grown, do not eat it and throw it away.

The DOH [website](#) is your source for a healthy dose of information. Find us on [Facebook](#) and follow us on [Twitter](#). Sign-up for the DOH blog, [Public Health Connection](#).

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