

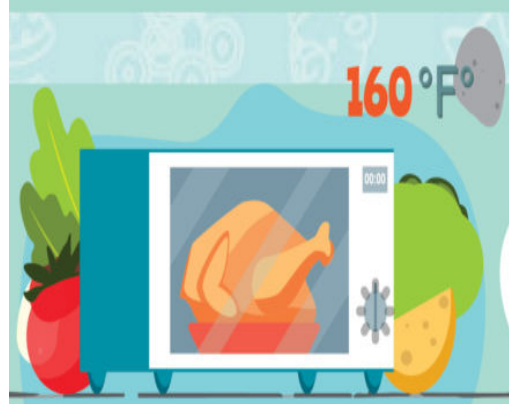
# How To Avoid **E. coli Infection** During Pregnancy

Consume thoroughly washed and preferably peeled vegetables and fruits.



Wash your hands before and after food preparation and consumption and after using the toilet.

Clean the raw meat touched on the surface with bleach or disinfectant.



Ensure the meat is cooked thoroughly to 160°F.

Try not to swallow the water while swimming.



Only consume pasteurized milk, fruit juices, and cider.

## References:

1. E. coli; World Health Organization