

E. Coli Cases Traced To Local Restaurant

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The County of San Diego Health and Human Services Agency (HHSA) is reporting an outbreak of 13 confirmed or probable cases of Shiga-toxin-producing *E. Coli* (STEC) linked to dining at Miguel's Cocina 4S Ranch location in San Diego.

HHSA Epidemiology Program and the County Department of Environmental Health and Quality are investigating the cluster of *E. coli* infections. Ages range from 6 to 87 years of age.

The ill persons or their families reported eating at the Miguel's 4S Ranch location from Oct. 6 to Oct. 18 and had symptoms from Oct. 13 to Oct. 19. Seven cases were hospitalized with at least one case developing the more severe complication of the infection called hemolytic uremic syndrome.

The specific food items that were sources of the *E. coli* bacteria at the restaurant are under investigation. The restaurant is cooperating and working closely with the County. This morning its management voluntarily decided to close until the source can be identified.

“People who visited the restaurant and are feeling ill should see their doctor as soon as possible,” said Wilma J. Wooten, M.D., M.P.H., County public health officer. “We want them to get tested and have the results sent to the local health department. Those most at risk from infection

are children, adults 65 and older and people with weakened immune systems.”

County Environmental Health inspectors visited the 4S location, yesterday afternoon, Oct. 23, 2023, because some cases diagnosed with STEC reported Miquel’s among their possible exposure locations. During that inspection, there were no operational major risk factors for foodborne illness identified.

Most people with a STEC infection start feeling sick three to four days after eating or drinking something that contains the bacteria. However, illnesses can start anywhere from 1 to 10 days after exposure. Symptoms vary from person-to-person and often include:

- Severe abdominal cramps
- Watery or bloody diarrhea (3 or more loose stools in a 24 hour period)
- Vomiting

Symptoms may occur with or without a fever. When present, the fever usually is not very high (less than 101°F/38.5°C). Most people get better within 5 to 7 days. Some infections are very mild, but others are severe or even life-threatening.

The public is asked to contact your health care provider if you have experienced these symptoms on or after Oct. 6, and especially if you have diarrhea that lasts for more than three days or diarrhea that is accompanied by a fever higher than 102°F, or blood in the stool, or so much vomiting that you cannot keep liquids down and you pass very little urine.