

News Release

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Contact information

MDH, MDA confirm Shiga Toxin-producing *E. coli*, *Salmonella* cases linked to alfalfa sprouts

Minnesota Department of Health (MDH) and Minnesota Department of Agriculture (MDA) officials are warning Minnesota consumers not to eat alfalfa sprouts sold under the Calco and Everything Sprouts brands due to a multistate outbreak of Shiga toxin-producing *E. coli* (STEC) and *Salmonella* infections.

Twenty-three Minnesotans became ill between July 8 and Aug. 8 with *Salmonella* and/or various strains of STEC). Two people have been hospitalized, and no deaths have been reported. In addition to the Minnesota cases, Wisconsin investigators have identified 18 cases, with additional illnesses identified in other states. The number of illnesses will likely increase as the investigation progresses.

The illnesses have been linked to eating alfalfa sprouts produced by Everything Sprouts, a Minnesota grower, and sold under the Calco and Everything Sprouts brands to restaurants and grocery stores. Health officials recommend people check for alfalfa sprouts from Calco or Everything Sprouts, not eat them, and throw them away. MDH and MDA are working with health officials from Wisconsin, Centers for Disease Control and Prevention (CDC), the U.S. Food and Drug Administration (FDA) and other states to identify the source and scope of contamination.

Symptoms of illness caused by STEC typically include stomach cramps and diarrhea, often with bloody stools, but only a low-grade or no fever. People typically become ill two to five days after exposure, but this period can range from one to eight days. Most people recover in five to seven days. However, STEC infections can lead to hemolytic uremic syndrome (HUS), a severe complication that involves acute kidney failure and other severe problems.

Diarrhea associated with STEC infections generally should not be treated with antibiotics, as this can promote the development of HUS. Anyone who believes they may have developed an STEC infection should contact their healthcare provider.

Symptoms of *Salmonella* infection include diarrhea, abdominal pain and fever. Symptoms usually begin within 12 to 96 hours after exposure, but they can begin up to two weeks after exposure. Infections usually clear in five to seven days, but about 28% of laboratory-confirmed cases require hospitalization.

Many *Salmonella* infections in otherwise healthy people do not require medical treatment. More serious infections occasionally occur. For those who seek medical care, most do not require antibiotics. However, antibiotic treatment may be needed in some cases. If you've consumed the implicated product, become ill and are concerned about your health, consult your healthcare provider.

Approximately 1,000 *Salmonella* infections and 85 STEC infections with the serogroups associated with this outbreak are reported each year in Minnesota. More information on [Salmonella](#) and [STEC](#) can be found on the MDH website.

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SOURCE: [MDH, MDA confirm Shiga Toxin-producing E. coli, Salmonella cases linked to alfalfa sprouts - MN Dept. of Health](#)