



# Media Release

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## Three *E. coli* Cases Linked to Mercado Los Amigos in Yakima

**Yakima, WA-** The Yakima Health District (YHD) is investigating three cases of Shiga toxin-producing *E. coli* (STEC) in individuals who reported eating meat, produce, and/or prepared foods from Mercado Los Amigos, located at 1409 Fruitvale Blvd, Yakima, WA.

As a precaution, Mercado Los Amigos voluntarily closed its store on September 18, 2025 and is working collaboratively with YHD to address the current risk and that future operations ensure food is as safe as possible.

Anyone who purchased or consumed meat, produce, or prepared foods from Mercado Los Amigos between September 10 and September 18, 2025, should contact their healthcare provider if they experience the following symptoms:

- Abdominal cramping
- Severe or bloody diarrhea
- Vomiting

Most people recover in 5–10 days. However, children under 5, adults over 65, and those who have a weakened immune system are at higher risk for severe illness, including kidney failure.

### About *E. coli*

*E. coli* are bacteria commonly found in food, water, and the environment. While many strains are harmless, some — like STEC — can cause serious illness.

How it spreads:

- Undercooked or raw beef (especially ground beef)
- Raw produce contaminated with animal waste
- Cross-contamination in kitchens
- Person-to-person (e.g., after using the bathroom without washing hands)

## **How to Prevent Infection**

Community members can take steps to reduce their risk of infection:

- Cook meat thoroughly- especially ground beef.
- Thoroughly wash fruits & vegetables before eating. Cooking fruits & vegetables can further reduce the risk of infection.
- Wash hands often with soap and water.
- Keep raw meat separate from ready-to- eat foods.

## **Quote**

“To stay safe from *E. coli*, it’s important to wash your hands regularly, follow food safety tips, and pay attention to symptoms such as diarrhea or stomach cramps. If you are experiencing symptoms, contact your healthcare provider. These simple actions go a long way in protecting your family.” – Melissa Sixberry, Director of Disease Control, Yakima Health District

**This investigation is ongoing. Updates will be provided as more information becomes available.**

## **Additional Information**

[\*E. coli\* | Washington State Department of Health](#)

[Shiga-toxin producing \*E. coli\* \(STEC\) | Washington State Department of Health](#)

[About \*Escherichia coli\* Infection | Centers for Disease Control and Prevention](#)

[Symptoms of \*E. coli\* Infection | Centers for Disease Control and Prevention](#)

[Risk and \*E. coli\* Infection | Centers for Disease Control and Prevention](#)

[How to Prevent \*E. coli\* Infection | Centers for Disease Control and Prevention](#)

[About Four Steps to Food Safety | Centers for Disease Control and Prevention](#)

[\*E. coli\* and Foodborne Illness | U.S. Food & Drug Administration](#)

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