



# CLEANING AND DISINFECTION GUIDELINES FOR GASTROENTERITIS OUTBREAKS

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The following infection control advice, if correctly followed, will help control the spread of vomiting and diarrhoea outbreaks. Give this advice to the appropriate person during the initial stages of any gastroenteritis outbreak investigation.

## 1. HAND WASHING

- 1.1 wash hands frequently after:
  - using the toilet
  - cleaning toilets and bathrooms
  - handling soiled clothing or bed linen
  - cleaning up incidents of vomiting and diarrhoea
  - handling cleaning equipment such as cloths, buckets and mops
  - changing nappies
  - before and after preparing food
- 1.2 Wash hands with warm water and soap, rubbing hands together vigorously for at least 20 seconds.
- 1.3 Dry hands thoroughly using disposable paper towels or a separate hand towel from other family or work members.
- 1.4 Alcohol based hand sanitizer can be used as an extra method of protection **after washing and drying hands**. DO NOT USE AS A SUBSTITUTE for hand washing during gastrointestinal outbreaks unless no other facilities are available.

## 2. CLEANING AND DISINFECTION

### 2.1 Prepare disinfectant

- An effective disinfectant can be prepared by mixing any supermarket brand bleach and water to a 0.1% solution. A new solution must be made up daily
- The ratio of bleach to water is dependent on the concentration of bleach purchased. Most supermarket brands are 2-5% sodium hypochlorite.
- the following table outlines how to prepare a 1 litre 0.1% hypochlorite solution:

Original strength of bleach (% sodium hypochlorite)	Bleach (ml)	Water (ml)	Total (ml)
1%	100	900	1000
2%	50	950	1000
3%	33	967	1000
4%	25	975	1000
5%	20	980	1000

### 2.2 Cleaning Equipment:

- Use disposable cleaning equipment e.g. cloths and mop heads. If using re-usable mops, soak in 0.1% bleach solution after use for at least 30 minutes followed by a hot wash.
- use separate cloths for high risk areas e.g. toilets and bathrooms) and low risk areas

### 2.3 Protect yourself first:

- Ensure personal protective equipment (disposable gloves, mask and gown or protective clothing) is worn when cleaning up faecal matter or vomit.

### 2.4 Cleaning:

- Clean contaminated areas first using standard household cleaners (soap, detergent, hot water etc.) to remove any faeces or vomit. This will allow the disinfectant to work effectively.

### 2.5 Disinfection:

- Pay close attention to areas of likely contamination and hand contact surfaces, for example toilets, bathroom floors and walls (especially the area surrounding the toilet after vomiting and diarrhoea), doorknobs, sinks, taps, benches, hand rails, phones and light switches.

### 2.6 Cleaning soft furnishings: (more important in residential care facilities and hotels etc.)

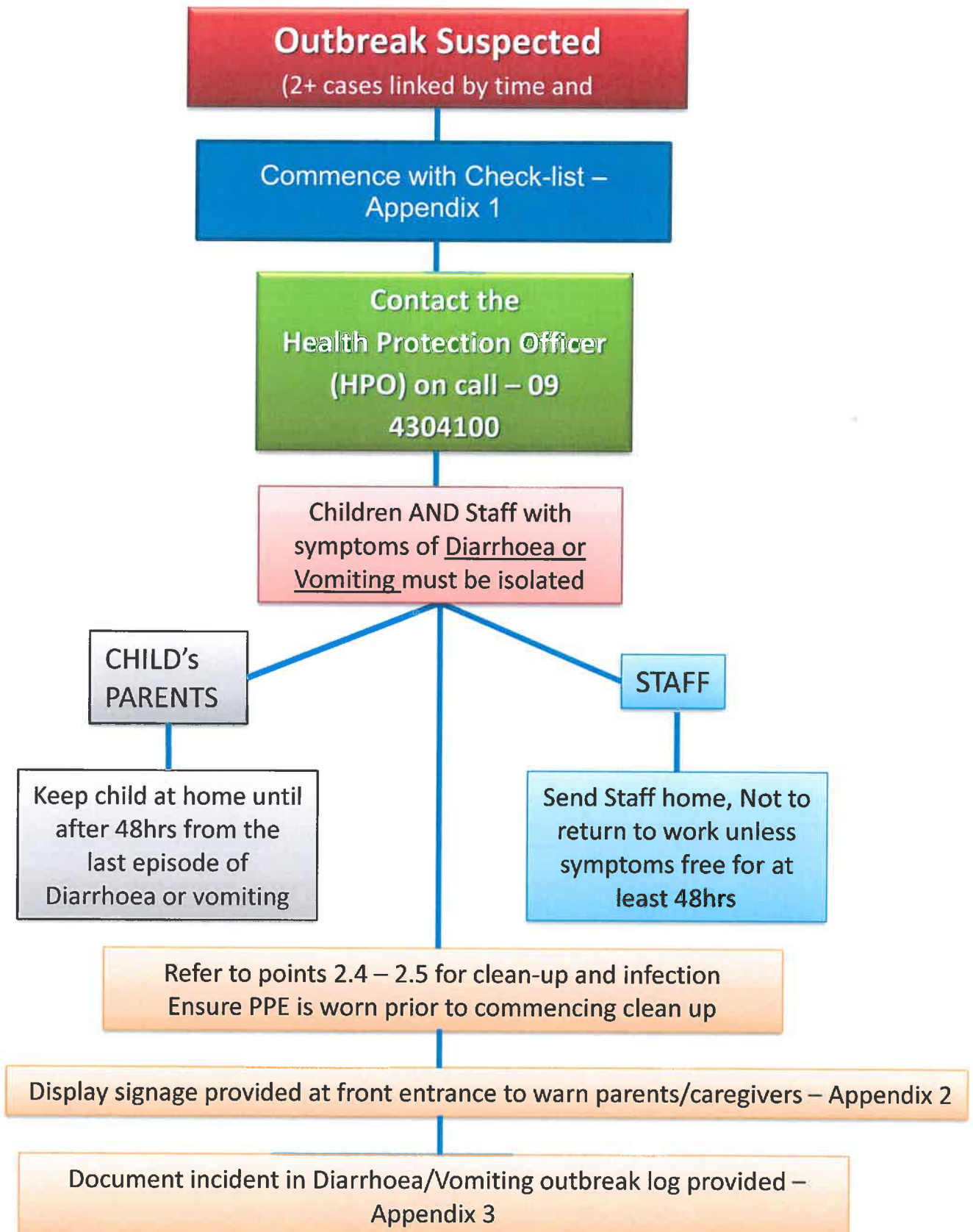
- Soft furnishings and carpet may discolour if cleaned with a bleach solution
- Contaminated soft chairs, mattresses and carpets should be cleaned with hot water and detergent and then steam cleaned.

## 3. RETURNING TO WORK, SCHOOL OR PRESCHOOL

3.1 All persons affected by gastroenteritis should remain off work, school or preschool until 48 hours after the last of their symptoms have stopped.

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## FLOW-CHART



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## CHECK-LIST – APPENDIX 1

Date Completed:	
Checklist Completed By (Print Name):	
Name and Telephone of the Early Childhood Education and Care Centre:	
Name of Manager:	

<b>History of Outbreak</b>	

<b>Action taken by institution (e.g. isolation, exclusion, hand washing, cleaning etc.)</b>	

Environmental protection measures	Yes	No	Comments
<ul style="list-style-type: none"> <li>• Correct hand hygiene protocols are in place and maintained with constant supplies of liquid soap and paper towels readily available <b>IMMEDIATELY</b></li> </ul>			
<ul style="list-style-type: none"> <li>• Ensure appropriate personal protective (PPE) measures are worn during contact with cases and/or the environment and that constant supplies are readily available. (i.e. Disposable latex gloves, aprons and masks) <b>IMMEDIATELY</b></li> </ul>			
<ul style="list-style-type: none"> <li>• Systems in place for the safe disposal of PPE and hand towels following hand washing (e.g. covered bins with liners) <b>IMMEDIATELY</b></li> </ul>			
<ul style="list-style-type: none"> <li>• Cleaning and disinfection of vomit and faeces spillages promptly as per centre policy <b>IMMEDIATELY</b></li> </ul>			
<ul style="list-style-type: none"> <li>• Ensure the use of freshly prepared 0.1% (1000 ppm) bleach solution to disinfect hard surfaces (after cleaning with neutral detergent)</li> </ul>			
<ul style="list-style-type: none"> <li>• Maintaining frequent cleaning of all areas at least twice daily, using appropriate cleaning products.</li> </ul>			
<ul style="list-style-type: none"> <li>• Make certain that infected clothing/linen is separated into linen laundry bags and laundered as per guidelines.</li> </ul>			
<ul style="list-style-type: none"> <li>• Steam clean carpets/furniture as needed</li> </ul>			
Exclusion/isolation/segregation	Yes	No	Comments
<ul style="list-style-type: none"> <li>• Isolation of symptomatic children until collected by parents or caregivers <b>IMMEDIATELY</b></li> </ul>			
<ul style="list-style-type: none"> <li>• Dedicated toilet/ablution facility and equipment for symptomatic individuals until collected <b>IMMEDIATELY</b></li> </ul>			
<ul style="list-style-type: none"> <li>• Exclusion of affected staff and children immediately and until symptom free for 48hrs <b>IMMEDIATELY</b></li> </ul>			
<ul style="list-style-type: none"> <li>• Check if staff work elsewhere (restrict) and that all staff are well (including agency). Exclude if unwell.</li> </ul>			
Administration and Documentation	Yes	No	Comments
<ul style="list-style-type: none"> <li>• Notify the on duty Health Protection Officer / Public Population Health <b>IMMEDIATELY (2 or more cases, phone: 094304100 and ask for on duty HPO)</b></li> </ul>			
<ul style="list-style-type: none"> <li>• Accurate and timely documentation</li> </ul>			
<ul style="list-style-type: none"> <li>• Document the frequency of routine room, bathroom and toilet cleaning. Ensure that increased frequency is maintained above usual practice and also cleaning of frequently touched areas), as per centre policy</li> </ul>			
<ul style="list-style-type: none"> <li>• Review outbreak including prevention and management</li> </ul>			

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## ENTRANCE SIGN - APPENDIX 2



## ATTENTION ALL PARENTS AND CAREGIVERS

We presently have a number of children off with diarrhoea and vomiting. We ask that you do not bring your child to the centre if they are showing any signs of being unwell. Children must remain at home for 48hrs after their last episode of diarrhoea or vomiting.

Please wash your hands when you first arrive and just before you leave.

All precautions have been taken in the centre to reduce any further spread of infection and we appreciate your support and cooperation.

For further information please speak to our staff members.

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## OUTBREAK LOG – APPENDIX 3









### LOG SHEET – CHILD CASES

<i>Surname</i>	<i>First Name</i>	<i>DOB</i>	<i>GP Details</i>	<i>Gender M/F</i>	<i>Date of Onset (sent home)</i>	<i>Symptoms</i>	<i>Date return to centre</i>	<i>Stool Sample (date)</i>	<i>Outcome</i>



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## Infectious Diseases: information & exclusion list

Condition	This disease is spread by	Early Symptoms	Time between exposure and sickness	Exclusion from school, early childhood centre, or work*
<b>Diet-borne &amp; Water-borne Diseases</b>				
<b>Campylobacter</b> <b>Cryptosporidium</b> <b>Giardia</b> <b>Salmonella</b> 	Undercooked food, contaminated water. Direct spread from an infected person or animal.	Stomach pain, fever, nausea, diarrhoea and/or vomiting	Campylobacter 1-10 days Cryptosporidium 1-12 days Giardia 3-25 days Salmonella 6-72 hours	Until well and for 48 hours after the last episode of diarrhoea or vomiting Cryptosporidium – do not use public pool for 2 weeks after symptoms have stopped Salmonella – Discuss exclusion of cases and contacts with public health service
<b>Hepatitis A</b> 	Contaminated food or water, direct spread from an infected person.	Nausea, stomach pains, general sickness. Jaundice a few days later	15-50 days	7 days from the onset of jaundice
<b>Norovirus</b>	Contact with secretions from infected people.	Nausea, diarrhoea/and/or vomiting	1-2 days	Until well and for 48 hours after the last episode of diarrhoea or vomiting
<b>Rotavirus</b> 	Direct spread from infected person	Nausea, diarrhoea/and/or vomiting.	1-2 days	Until well and for 48 hours after the last episode of diarrhoea or vomiting
<b>Shigella</b> 	Contaminated food or water, contact with an infected person.	Diarrhoea (may be bloody), fever, stomach pain.	12 hours-1 week.	Discuss exclusion of cases and their contacts with public health service
<b>VTEC/STEC</b> (Verocytotoxin- or shiga toxin-producing E. coli) 	Contaminated food or water, unpasteurised milk. Direct contact with animals or infected person.	High incidence of bloody diarrhoea, stomach pain. High rate of hospitalisation and complications	2-10 days	Discuss exclusion of cases and their contacts with public health service
<b>For further information contact:</b> <div style="display: flex; justify-content: space-between;"> <div style="width: 20%;"> <p>Your Public Health Nurse</p> </div> <div style="width: 20%;"> <p>Your Public Health Service</p> </div> <div style="width: 40%;"> <p> Vaccine-preventable and/or on National Immunisation Schedule</p> <p> Notifiable disease (Doctors notify the Public Health Service)</p> <p> Pregnant women should seek advice from their maternity provider or G.P.</p> </div> </div>				
<small>*See7 Enteric A&amp;LS Final 2 September 2014/15                      © 2014 Health Promotion Agency                      New Zealand Government                      HEALTH PROMOTION AGENCY                      MINISTRY OF HEALTH                      Revised March 2014, 09/23/15, Code: MHE14</small>				