

Public Advisory Note 4 General Guidance for Patients with Vomiting and Diarrhoea and their Contacts

Hand washing

Thorough hand washing and drying is the most important factor in preventing the spread of [gastro-intestinal infection](#). This must be carried out by attendants (doctors, nurses & relatives etc.) after handling patients, their bedding, clothes or sick room equipment and again before preparing or serving food. It is important that every one in the house **washes their hands after using the toilet and before meals**. Do not share towels, better still use paper towels. Small children should have their hands washed for them

**REMEMBER
ALWAYS WASH YOUR HANDS
THIS WILL HELP WITH THE PREVENTION OF SPREAD OF THE GERMS**

Disposal of Excreta and Soiled Material

In the house the patient should normally use the flush W.C. If urinals and bed pans have to be used the attendant should, if possible wear disposable plastic gloves and must **thoroughly wash hands** after attending the patients

Soiled clothing and bed linen should be washed in a domestic washing machine with "hot cycle". If the amount of soiling makes this impractical, as much faecal material as possible should be flushed away in running water, preferably into the toilet bowl. Where this is not practicable the soiled material should be soaked in water in the bath which should be subsequently disinfected. Soaking in a household disinfectant may also be used before washing to reduce risk of contamination. Diluted phenolic or hypochlorite preparations such as **domestos** are suitable. Plastic gloves should be worn if possible and the hands must be thoroughly washed afterwards. After loading the washing machine the outside surfaces of the washing machine should be wiped down with a suitable disinfectant prior to the hand washing already mentioned. This is especially important **where children are playing** in the immediate vicinity of the washing machine.

Disinfection

Toilet seats, flush handles, wash hand basin taps and toilet doors should be cleaned daily or more frequently depending on how often they are used. After use, wipe toilet seat with diluted hypochlorite disinfectant. These precautions are especially important in schools, nurseries and residential homes. Bed pans and urinals should be emptied into the toilet bowl, washed with disinfectant and thoroughly rinsed.

Whilst different brands and types of disinfectant may be used for this purpose, we generally recommend hypochlorite preparations (**e.g. Domestos**). This type combines economy with effectiveness and is widely available. Those using disinfectant should take care to **dilute** the

product in accordance with the manufacturer's recommendations and to ensure that children do not have access to the solution.

Children who normally wear nappies should not be left without nappies for the period of time in which the illness is present in the household Avoid contact with persons outside the family until 48 hours after symptoms have ceased

ADVISORY RULES OF THE KITCHEN

One Always wash your hands before preparing food
Two Do not use the same knife and chopping board for cutting raw/ and cooked foods
Three Scrub vegetables to remove dirt
Four Store and prepare cooked food away from soft cheeses and raw food including vegetables
Five Check fridge and freezer are operating between 1°C -4° and -18° respectively
Six Go through your fridge regularly and throw away food beyond its eat by date
Seven Reheat food thoroughly, stir microwaved food to avoid cold spots and leave for the recommended standing times
Eight Don't let pets or pet food come into contact with your food, work surfaces or utensils
Nine Cook thoroughly. If you want to keep the food for later cool it quickly and refrigerate as soon as possible certainly within 1½ hours
Ten Avoid smoking when preparing food, it can spread bacteria when people touch their mouths

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