

Attention all staff

There are currently a number of cases of gastroenteritis in this facility. We are trying to prevent this illness from spreading.

If you have any of the symptoms of gastroenteritis now (abdominal pain, vomiting, diarrhoea, nausea, fever, headaches and general weakness) you should report to your manager or the DoN immediately. You may be asked to go off work immediately and remain off work until at least 48 hours after your last episode of symptoms.

There is a risk that you will acquire or spread gastroenteritis unless you take precautions.

- Wash your hands with liquid soap and water before and after contact with each resident, or use alcohol-based hand rub if washing facilities are not nearby.
- If you are working with those residents who are sick, avoid contact with other residents and staff working in other areas.
- Wear gloves, gown or apron for all contact with infected residents and their immediate environment i.e. surfaces or items in the resident's room.
- Change gloves and gowns between each infected resident contact and dispose of used items directly into a waste container before leaving the resident's room.
- Wear a fluid resistant surgical or medical mask when there is potential for aerosol spray (e.g. when a resident is vomiting or toileting). Remove mask when leaving each room and dispose of it in the appropriate container. Do not reuse masks.
- *Perform hand hygiene before applying gloves, after removing gloves and again after removing the last protective clothing item before leaving a room.*

Thank you for your cooperation

Sincerely

Manager/DoN



Gastroenteritis Information

for residents, family and visitors

Gastroenteritis is a highly infectious illness. It spreads by direct person to person transmission, airborne spread through aerosolised vomit, consumption of contaminated food or water, or contact with contaminated environmental surfaces or objects.

The period between infection and display of symptoms may range from a few hours to several days. Individuals may continue to carry infectious agents several days after infection. Children, young people and the elderly are most at risk of complications associated with gastroenteritis.

Family members and visitors:

It is strongly recommended that you *do not visit a resident* of this aged care facility if you have been in contact with people who have symptoms of gastroenteritis, or if you have any of the following symptoms:

Rapid onset of:

- Abdominal pains
- Vomiting
- Headaches
- Fever
- Diarrhoea
- General weakness

If there are suspected cases of gastroenteritis in an aged care facility that you visit, you can reduce the risk of infection to yourself and others by:

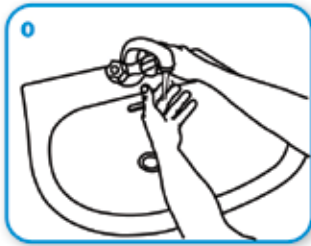
- washing your hands thoroughly with liquid soap and water before you enter a resident's room;
- minimising physical contact with the residents and staff;
- keeping your visit short;
- only visiting one resident each time you visit;
- washing your hands thoroughly with liquid soap and water as soon as you leave the resident's room; and
- not visiting when unwell.



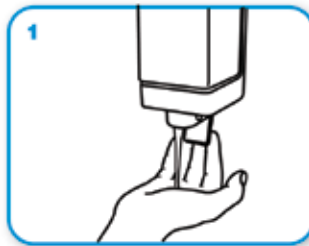
How to wash and dry hands with liquid soap and water



Duration of the entire procedure: **40-60 sec.**



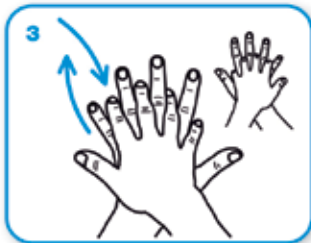
Wet hands with water



apply enough soap to cover all hand surfaces.



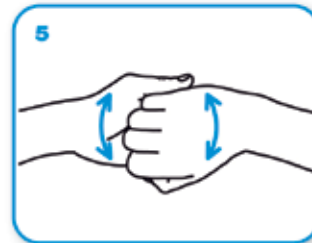
Rub hands palm to palm



right palm over left dorsum with interlaced fingers and vice versa



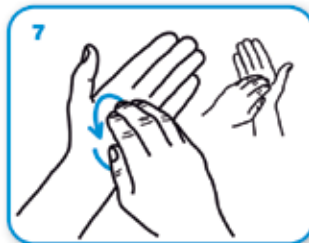
palm to palm with fingers interlaced



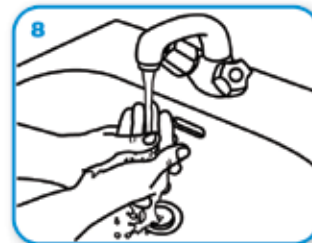
backs of fingers to opposing palms with fingers interlocked



rotational rubbing of left thumb clasped in right palm and vice versa



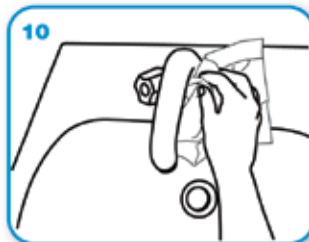
rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa.



Rinse hands with water



dry thoroughly with a single use towel



use towel to turn off faucet

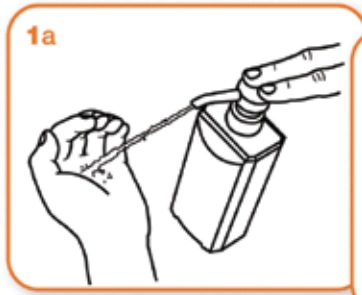


...and your hands are safe.

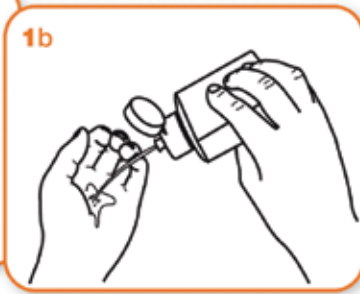


How to clean hands using an alcohol-based liquid or hand rub

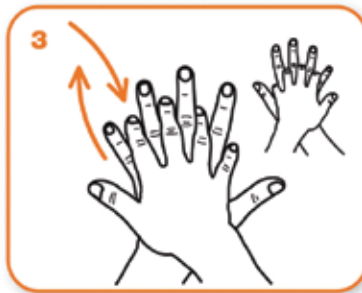
 Duration of the entire procedure: **20-30 sec.**



Apply a palmful of the product in a cupped hand and cover all surfaces.



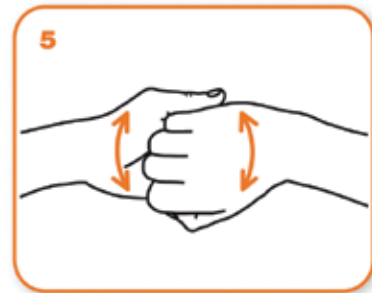
Rub hands palm to palm



right palm over left dorsum with interlaced fingers and vice versa



palm to palm with fingers interlaced



backs of fingers to opposing palms with fingers interlocked



rotational rubbing of left thumb clasped in right palm and vice versa



rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa



...once dry, your hands are safe.

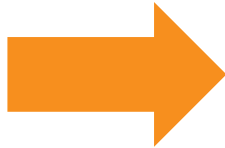


Adapted from World Health Organization

Hand hygiene - when and why?

The 5 Critical Moments for Hand Hygiene

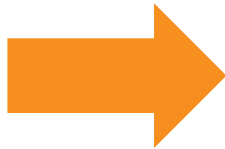
1 Before resident contact



WHY?

To protect resident against harmful organisms on your hands

2 Before aseptic task



WHY?

To protect resident against harmful organisms

3



After bodily fluid exposure

WHY?

To protect yourself and others from harmful organisms

4



After resident contact

WHY?

To protect yourself and others from harmful organisms

5



After contact with resident surroundings

WHY?

To protect yourself and others from harmful organisms

Hand hygiene must be performed in all situations regardless of whether gloves are used or not





Attention Visitors

Please be informed that this home is ***closed to all visitors*** until further notice due to an outbreak of gastroenteritis (diarrhoea and vomiting).

Thank you for your cooperation.

For information about your friend or relative, please contact:

Name:

Title:

Phone number:





Attention Visitors

Please speak to a member of the nursing staff **before** entering this room.

Thank you!





Attention All Visitors

A number of residents at this facility have recently had gastroenteritis. We are trying to prevent this illness from spreading.

There is a risk of acquiring gastroenteritis by visiting a resident at this time. There is also a risk that you may spread the illness to others.

We strongly advise you to consider your need to visit a resident at this time.

If you do visit, please speak to the DoN or Manager beforehand. He/she will assist you in following strict hand hygiene practices during your visit.

Thank you for your co-operation





Kitchen Access Restricted

Attention all staff:

There is currently an outbreak of gastroenteritis within this facility.

- Have you had any symptoms of gastroenteritis within the last 48 hours?
 - o Symptoms are: abdominal pain, diarrhoea, vomiting, nausea, fever, headaches, and general weakness.
- Have you been in contact with potentially infected residents?
- Have you been cleaning any potentially contaminated areas?

If you answer yes to any these questions, **DO NOT** enter the kitchen.

For further advice and information, please contact:

Outbreak Coordinator,

or

Senior Nurse.

