

Guidance on Outbreaks of Diarrhoea and Vomiting in Educational Settings

What is Viral Gastroenteritis

- A sudden onset of diarrhoea and/or vomiting.
- A highly infectious viral illness spreading easily from person to person.
- Spreads via the faecal/oral route – from hands to mouth and is also airborne.
- Often due to Norovirus (sometimes referred to as winter vomiting or the 24 hours bug).
- Other symptoms often include nausea, abdominal cramps, headache and fever.
- Illness is usually of a short duration and most people are better within 48 hours.
- Drinking lots of fluids is vital to avoid the effects of dehydration.

Hand Hygiene

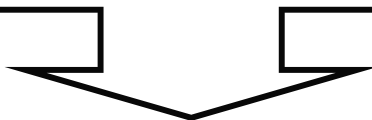
- Effective hand hygiene is the single most important preventative measure that can be taken to reduce the impact and spread of viral gastroenteritis.
- Every opportunity should be taken to ensure all pupils/staff practice effective hand washing, particularly after toileting and before eating.

All schools should aim to achieve the following standards

- All hand washing stations are in working order.
- Running warm water is available.
- Liquid soap is available.
- Paper towels are available.

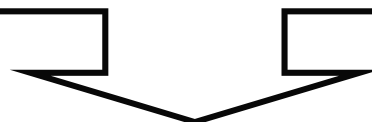
Do you have an outbreak?

An outbreak is an increased number of pupils and/staff with diarrhoea and/or vomiting than would normally be expected..



What to do next: Telephone 0113 2476286

Leeds City Council, Food & Health Team
The team will provide guidance and advice through the outbreak..



Key Message

- Staff in the Food & Health Team will liaise with the school and can provide information to parents and G.P's.
- Pupils and staff who are ill should not attend school/college until 48 hours symptom free.
- Encourage increased personal and environmental hygiene and ensure toilet areas are well stocked with liquid soap/paper towels/toilet paper.
- Inform visitors to the premises of the outbreak of gastro intestinal illness and advise to rearrange visit where possible.
- Regular contact will be made with the school/college to review the situation and the outbreak will be concluded when there have been no new cases after 48 hours.

4 steps to control outbreaks of gastro intestinal illness

- Early recognition and reporting
- Good/effective hand hygiene
- Good effective cleaning
- Good/effective communication

Acknowledgement to NYHPU.

Cleaning

- **Cleaning** staff should be informed that their role is vital in reducing the spread of infection.
- To assist effective cleaning, keep clear work areas/surfaces etc.
- **Diarrhoea** and/or vomit should be cleaned up **immediately** using hand-hot soapy water and paper towels. Dispose in a plastic bag and seal.
- **Disinfection**—after cleaning with detergent make up a hypochlorite solution as per manufacturers instructions for environmental cleaning.
- A fresh solution should be made every 24 hours.
- After cleaning with detergent, disinfect uncarpeted areas by using the hypochlorite solution (made up as above)
- Clean carpeted areas by using hand hot - soapy water and steam clean do not vacuum.
- When toilets have been used by pupils/staff with Diarrhoea and/or vomiting, they should be cleaned with detergent followed by the hypochlorite solution.
- Disposable gloves and aprons must be worn during this procedure.
- Door handles, stairs, hand rails and other similar surfaces should be cleaned a minimum of twice per day using detergent then using hypochlorite solution.
- Ventilate the building (open windows to ensure a fresh distribution of air).
- Keep internal doors shut where possible.