

GUIDELINES FOR THE CONTROL OF OUTBREAKS OF GASTROENTERITIS INFECTIONS IN CHILDREN'S DAY CARE SETTINGS

INTRODUCTION

An outbreak can be defined as;

An incident in which 2 or more people experiencing a similar illness are linked in time / place. (www.hpa.org.uk)

All symptomatic cases must be notified to the Medical Officer for Environmental Health via Environmental Health Services, Infectious Diseases team on 0113 247 6286.

One faecal specimen should be collected from all symptomatic cases, even if vomiting only (up to 10 initially). Sample containers and laboratory forms should be labelled correctly and submitted via individuals GP's

Both private and local authority nurseries / early years centres / childrens centres, should inform OFSTED of any notifiable infectious disease and outbreaks on their national telephone helpline 0845-640404.

All parents should be informed, preferably in writing, of a suspected outbreak (a suggested template is attached at page 6).

Display a copy of the notice on page 5 of this document in a prominent position on each entrance door to the premises.

PLEASE ENSURE ALL MEMBERS OF STAFF READ AND UNDERSTAND THIS DOCUMENT

The outbreak will be concluded after 48 hours with no new cases.

CONTAINMENT

Symptomatic children should be excluded immediately and not allowed to return until they have been symptom free for a minimum of 48 hours, Should an illness such as dysentery, e-coli etc be diagnosed the child will be excluded until negative stool tests are obtained.

If children attend other Day Care Unit's the Officers in Charge of the Units should be advised and the children also excluded from those premises until they have been symptom free for at least 48 hours.

Staff (permanent or temporary) and students must not work at or visit other Day Care Units during the outbreak.

Restrict visitors. Those visitors that do come must be advised of the risks. Any non emergency maintenance should be cancelled. Visitors should be encouraged to wash hands on entry to and exit from the premises.

To ensure all cases are identified staff should enquire of the parents of returning children if they have been suffering from diarrhoea and vomiting. If such illness is confirmed then ensure that the children have been symptom free for at least 48 hours before allowing them to return.

HYGIENE

Strict hand washing with liquid soap/drying with disposable paper towels. An alcoholic hand rub should be made available to staff, for use in addition to hand washing with soap and water. Children should be supervised to ensure they practice effective hand washing.

Gloves and disposable aprons must be worn by all staff in contact with excreta or vomit and discarded after each episode of use.

Linen towels should not be used whilst the outbreak is ongoing and should be substituted with single use wipes. Face cloths should be single use only after meals. They should be washed immediately after use, and stored away from the toilet area.

It is essential that changing mats are washed with hot soapy water between every nappy change and thoroughly dried (paying particular attention to the sealed grooves between the padding and the base) prior to disinfection with a suitable bactericide.

As changing mats are subject to continuous heavy usage they are liable to damage and should be inspected regularly and replaced when found not to be fully intact.

After each use potties must be emptied in the sluice or toilet area, then washed using hot soapy water, rinsed and dried. If possible, named potties should be used to cut down on the risk of infection.

The use of scrubbing brushes on potties is not advised as damage to the plastic surface can lead to increased bacterial contamination.

Suspend all sand, dough and water play throughout the duration of the outbreak and discard existing used material.

Plastic and rubber toys should be washed using detergent and hot water, then rinsed and dried. Soft toys should be laundered weekly if they are able to tolerate a washing process. Any toys that are grossly contaminated should be destroyed immediately.

Fruit should be washed chopped and served by a staff member after thorough hand washing, and any leftover fruit be discarded immediately.

Once opened, drinks should be consumed then either discarded or containers washed.

Restrict kitchen access to catering staff only.

Staff must eat and drink in designated areas only.

ENVIRONMENT

Vomit and faecal spillage must be covered and enveloped in disposable / absorbent paper towels, sprayed with anti-bacterial/disinfectant and placed into clinical waste bag for disposal. The area should then be cleansed thoroughly with hot water and detergent.

After removal of any infected material and as part of the routine cleaning operations during the outbreak, kitchen surfaces, toilets, etc should be thoroughly cleaned using detergent and hot water prior to disinfection with 0.1% hypochlorite solution. If bleach is not available, use anti-bacterial / disinfectant products.

Carpets should be thoroughly cleaned with hot soapy water - and a vigorous rubbing motion. Disinfection can be achieved with efficient steam cleaning.

Do not use hypochlorite on carpets

Soiled personal clothing must be placed immediately in a waterproof bag for returning home unless other suitable arrangements have been made with the parents.

Soiled linen should not be hand washed or sluiced and should be laundered onsite or by a commercial laundry by arrangement throughout the duration of the outbreak.

External laundries should be informed of the outbreak.

Hard surfaced floors should be cleaned daily, any mop heads used for this purpose should be washed, rinsed, disinfected, stored upright to dry and replaced at least weekly.

Colour coded cloths, mops and buckets must be used.

Increase cleaning to horizontal surfaces, toilets, doors handles, tap tops and other areas frequently touched by staff and children's hands.

Any potties requiring emptying should be covered before being carried to the sluice for emptying. The nearest emptying point should be used.

Prior to flushing any toilet the lid should be closed to prevent aerosols being generated into the environment.

PREVENTION & EDUCATION

Review cleaning procedures of infected area.

Ensure all toilets are provided with toilet paper, hand washing facilities with hot water, soap and drying facilities.

Educate staff in personal hygiene and safe food handling precautions.

Encourage parents to advise of symptomatic siblings who attend other establishments and pass the information to the visiting Communicable Disease Control Nurse.

If you require any further information please contact:-

Leeds City Council, Food and Health Services.

Telephone 0113 247 6286

OUT OF HOURS - Telephone 0845 8943884 and ask for the duty officer to be contacted.

**WOULD ALL VISITORS
TO THE CENTRE
PLEASE REPORT TO
THE OFFICER - IN -
CHARGE BEFORE
CONTINUING WITH
THEIR VISIT**

**THANK YOU FOR ASSISTING WITH THIS
INFECTION CONTROL REQUIREMENT**

Dear Parent/Guardian,

We currently have an outbreak of diarrhoea and/or vomiting at the nursery. To prevent the spread of infection we request your co-operation in reporting any such illness in your child to us immediately and keeping you child out of nursery until 48 hours free from symptoms.

Your child may be requested to submit a faecal specimen (**not urine or vomit**), a specimen container will be provided for this purpose by the nursery and should be submitted for testing via your child's GP. The Communicable Disease Control Nurse from Leeds City Council will advise you of your child's specimen results.

Please **ensure** your child is symptom free for at least 48 hours before returning to nursery as they may still be infectious during this time.

It is in everyone's interest to fully co-operate with the Nursery to limit the spread of this infection. If you have any queries please contact Nurse by telephone on 0113 to obtain further advice or information.

Yours faithfully,

ADVICE

- ❖ IF YOUR CHILD IS PARTICULARLY UNWELL CONTACT YOUR FAMILY DOCTOR.
- ❖ INCREASE FLUID INTAKE FOR ANY CHILD WITH DIARRHOEA.
- ❖ ENSURE ALL SOILED DISPOSABLE NAPPIES ARE PLACED IN "NAPPY SACKS" OR SIMILAR. SECURELY TIED BEFORE PLACING IN THE DOMESTIC DUSTBIN.
- ❖ ENCOURAGE STRICT HAND HYGIENE, SUPERVISING YOUNG CHILDREN WHEN WASHING HANDS AFTER USING THE TOILET AND PRIOR TO EATING.
- ❖ DISCOURAGE NAIL BITING.
- ❖ ENCOURAGE STRICT HAND HYGIENE FOR ALL THOSE WHO MAY BE CHANGING YOUR CHILD'S NAPPY (IF APPLICABLE).
- ❖ PREVENT YOUR CHILD FROM TOUCHING THE NAPPY AREA TO AVOID RE-INFECTION AND AS AN ADDITIONAL PRECAUTION ALWAYS WASH YOUR CHILD'S HANDS AFTER NAPPY CHANGING.
- ❖ USE CHANGING MATS WHEN CHANGING NAPPIES AND CLEANSE THOROUGHLY BETWEEN EACH USE.
- ❖ CLEANSE POTTIES THOROUGHLY AFTER EACH USE WITH HOT SOAPY WATER.

IF YOU HAVE ANY QUERIES PLEASE CONTACT NURSE

**V JACKSON
L BEAUMONT
J COLLIER**

ON TELEPHONE NUMBER 0113 247 6286 FOR FURTHER ADVICE