Canadian Institute of Public Health Inspectors

Amended by the Grey Bruce Health Unit.

MANAGEMENT OF DIARRHEAL INFECTIONS

This sheet provides general information for people with diarrheal infections. The most common of these diseases are Giardiasis, E. coli, Hepatitis A, Campylobacter, Salmonellosis, Cryptosporidium, Yersiniosis and Shigellosis.

These infections are spread:

- from person to person if the hands of an infected person are not washed properly after using the toilet
- by eating food or drinking water contaminated with the organisms

Preventative Hygiene Tips

Good personal hygiene is very important. Following these tips will prevent the spread of disease to other people.

Handwashing is the single most important way to stop the spread of disease. Germs cannot be seen with the naked eye. Hands may look clean but be contaminated. Hands should be washed using soap and warm water. Scrub hands until a good lather is present then rinse and towel them dry.

Hands Should be Washed

- after using the toilet
- before and after preparing food
- before eating
- before and after diapering children
- after handling soiled diapers, undergarments, towels, face cloths and bedding.
- after handling pet feces (litter box, cages)
- after handling livestock

Cleaning is Important!
· wash and disinfect all bathroom fixtures frequently including water faucets, flush lever and toilet seats.

· dishes and eating utensils should be sanitized

· household bleach is a good sanitizer. Wash and rinse dishes as you normally would. Then soak the dishes in clean, warm water with bleach. Bleach should be added at a mixture of 1 ounce bleach to every 3 gallons of water. Let the dishes soak for one minute in this solution and then allow them to air dry.

· handle laundry with care, especially soiled bedding, underclothing and towels that have been used by an infected person. This is very important if the individual is a child still in diapers or an incontinent adult. Avoid shaking the laundry because this might spread germs into the environment.

· if you are employed as a health care worker, foodhandler or work with children you should remain off work until you are symptom free for 24 hours.

These precautions should be practiced all the time to prevent diarrhea and other illnesses.

FOR MORE INFORMATION CONTACT YOUR PUBLIC HEALTH DEPARTMENT