

Hand Hygiene is key to infection prevention

How to wash your hands:

- Apply alcohol based hand rub
or
- Wet hands with water
- Apply soap
- Rub hands together for 15 seconds
- Rinse hands well
- Dry hands with paper towel
- Turn off tap with used paper towel

Thank you for your help and cooperation

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This fact sheet provides basic general information only and is to be used as a quick guide, not as a complete resource on the subject. If you have any further questions, ask your physician, local health unit or health care profes-

This information was obtained from the following source:

Ministry of Health and Longterm Care. (2013) *Control of gastrointestinal outbreaks in longterm care homes.*

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Gastro Illness (Gastroenteritis)



Patient/Visitor Information

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Gastro Illness

What is Gastroenteritis?

Gastroenteritis is a diarrheal illness that affects both adults and children.

What are the symptoms of gastroenteritis?

Common symptoms include nausea, vomiting and diarrhea. Some may experience muscle aches, abdominal pain, fever and general weakness.

How is gastroenteritis transmitted?

Transmission can occur by several methods depending on the germ that is making you sick. Being in contact with infected material or putting things into your mouth that are contaminated with infected stool can transmit germs. Eating food or drinking water that is contaminated with germs can also make you sick. Additional spread may occur from an ill person to others due to inadequate hand washing after using the toilet

What can be done to prevent gastroenteritis?

There are many preventative measures. The single most important method of preventing the spread of infection is hand-washing. It is important to wash your hands before and after using the toilet, before preparing or eating meals, after changing diapers and after being in close contact with animals.

Patients experiencing gastro symptoms may be moved to a private room and put on "Contact Precautions". All caregivers must wear gowns and gloves to prevent the spread to other patients.

Are there any special concerns about gastroenteritis?

If you believe that you may have gastroenteritis, you should seek immediate medical attention.

Individuals with gastroenteritis, who provide care services to others, particularly seniors or children should be excluded from work while symptomatic.

Treatment of Gastroenteritis

Viral gastroenteritis cannot be cured with antibiotics. However, *Clostridium difficile* infection which is the most common cause of hospital acquired diarrhea can be treated with antibiotics.

Please consult your healthcare professional with questions and treatment options for various types of gastroenteritis.



Wash hands frequently with soap and water