

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

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 professional.

This information was obtained from the following source:

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

Royal Victoria Regional Health Centre
Infection Prevention and Control Department
201 Georgian Drive
Barrie, ON, L4M 6M2
Phone: (705) 728-9090 ext 44550
Fax: (705) 792-3312

“Outbreak” Guidelines



Patient/Visitor Information

Outbreak Guidelines

What is an Outbreak?

An “Outbreak” happens when there is an increase in the amount of a particular infection, that has spread among patients or staff members.

What can the hospital do to stop the “Outbreak”?

The Infection Prevention and Control (IPAC) Team here at RVH is working very closely with staff, patients, and the Simcoe Muskoka District Health Unit to ensure all actions are being taken to prevent any further spread of the infection.



Wash hands frequently with soap and water

What can the Visitor do?

In some situations it is necessary to restrict visitors during outbreaks. However if visiting is permitted in the outbreak you can prevent the spread of infection by following these guidelines:

- Visits should be minimized in length of time, frequency of visits, and number of visitors.
- Visitors experiencing any symptoms of a contagious illness including cough, fever, diarrhea, vomiting, or nausea should not visit.
- Visitors should only visit one patient per visit.
- Visitors must comply with all isolation procedures and use masks, gloves and gowns if needed. Watch for the posted signs
- Visitors must ensure hand hygiene is performed often; use soap and water or alcohol based hand rub.
- Children should, where possible, not visit during an outbreak.

Common symptoms and causes of “Outbreaks”

Gastro (Enteric) “Outbreak”:

- Symptoms may include: nausea, vomiting, diarrhea, abdominal cramps, or decrease in appetite.
- Common causing bacteria/viruses: Giardia, Hepatitis A, Campylobacter, Norwalk-like Virus, Rotavirus, Clostridium difficile, Salmonella, and E-coli.

Respiratory “Outbreak”:

- Symptoms may include: cough, SOB, fever $>38.0^{\circ}\text{C}$, chills, fatigue, chest or nasal congestion, muscle aches, sore throat, yellow or green sputum or headache.
- Common causing bacteria/viruses: Influenza A and B, and Respiratory Syncytial Virus (RSV).