

# Hand Hygiene is Key to Infection Prevention

## How to perform hand hygiene:

Step 1: Turn the tap on.

Step 2: Wet your hands.

Step 3: Put soap on your hands.

Step 4: Lather your hands. Don't forget to scrub the back of your hands, between fingers, palms and fingernails (15-30 seconds of scrubbing).

Step 5: Rinse the soap off of your hands.

Step 6: Pat dry both hands with paper towel

Step 7: Turn the tap off with paper towel and throw the towel in the garbage.

## How to use Alcohol Based Hand Rub (ABHR)?

Step 1: Apply 1 full pump (quarter size) of ABHR onto hands.

Step 2: Rub hands together, spreading ABHR on all areas of the hands including nails, palms, back of hands, and between fingers.

Step 3: Continue rubbing until hands until they are dry; 15-30 seconds.

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 Long-Term Care (2018). Recommendations for the Control of Gastroenteritis Outbreaks in Long-Term Care Homes.*



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# Gastro Illness (Gastroenteritis)



Patient/Visitor  
Information

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## Gastro Illness

### What is gastroenteritis?

Gastroenteritis is an inflammation of the stomach and intestines that usually causes diarrhea and/or vomiting.

### 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 objects in your mouth that are 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.

## Prevention of Gastroenteritis

### What can be done to prevent gastroenteritis?

The single most important method of preventing the spread of infection is proper hand washing. This can be done with soap and water or alcohol based hand rub (ABHR). It is important to wash your hands after using the toilet, before preparing or eating meals, after changing diapers or being in close contact with animals.

Patients experiencing gastro symptoms may be moved to a private room and placed on "Contact Precautions". All staff and visitors must wear a fluid resistant gown and gloves to prevent the transmission to other patients and themselves.

### Are there any special concerns about gastroenteritis?

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

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

## Gastroenteritis Treatment

Since there are many different types of organisms that can cause gastroenteritis, the treatment options can vary. Viral gastroenteritis cannot be cured with antibiotics. While bacterial gastroenteritis may require antibiotic treatment.

You should consult your healthcare professional if you have questions about gastroenteritis or to discuss treatment options.

