

Food Poisoning – Preventing the Spread

The following information provides guidance on how you can prevent the spread of food poisoning.

Visitors

It is strongly recommended you do not have any visitors (this includes friends, family and your children's friends) into your home until everyone within your home has fully recovered and the appropriate testing has confirmed the infection has totally cleared. This is particularly important for children under the age of 5 or older children/adults who are unable to carry out good personal hygiene.

How can I prevent it spreading?

Hand washing is the most important factor in preventing the spread of infection. Thoroughly wash your hands with antibacterial hand soap under warm running water:

- AFTER using or cleaning the toilet
- AFTER touching anything contaminated by diarrhoea or vomiting
- AFTER attending to anybody who is unwell
- AFTER handling dirty laundry, clothing or bedding
- AFTER handling used nappies
- BEFORE handling, preparing, serving, or consuming food or drink
- AFTER touching animals at home or during visits at farms, wildlife parks, zoos, pet corners, etc.

People who are ill should ideally use anti-bacterial liquid soap and separate towels or disposable paper tissues. Always dry your hands properly as this helps to remove bacteria. Young children should be assisted to ensure they wash their hands properly.

Cleaning the toilet

For as long as people are unwell:

- Disinfect the toilet seat after each use, using a separate cloth
- Wash and disinfect other items like bedpans or potties after each use
- Disinfect the door handle, wash hand basin taps and flush handle after use
- Clean the toilet bowl using a toilet brush and disinfectant. Rinse the brush by flushing the toilet and replace in its holder
- Keep any rubber gloves used for cleaning the toilet for this use only
- Flush the toilet with the seat and lid down

Laundry

- Dirty laundry from persons with food poisoning should be kept separate from other laundry
- If possible remove any heavy soiling into the toilet before washing
- Wash soiled clothing and bedding separately on as hot a washing programme as possible without exceeding fabric care instructions

REMEMBER TO WASH YOUR HANDS FREQUENTLY

ASSIST YOUNG CHILDREN TO WASH THEIR HANDS PROPERLY

MAKE SURE EVERYBODY FOLLOWS THESE PRECAUTIONS