

## Top 5 tips for ELS: When there is a suspected gastroenteritis outbreak

Gastroenteritis illnesses are commonly referred to as tummy bugs or gastro. They cause vomiting and diarrhoea, as well as other symptoms.

### ✓ Notify public health



- Notify us when you have three or more people at your centre experiencing diarrhoea (three or more loose stools within a 24 hour period) or vomiting with abdominal pain and/or nausea.
- You can complete our online [Outbreak Notification form](#) or contact us on 09 623 4600 to speak to our on-duty Health Protection Officer (HPO).

### ✓ Protect others



- Isolate symptomatic children and notify parents to collect their sick children.
- Ensure that all symptomatic children and staff stay away from the centre until they have been symptom-free for 48 hours.



### ✓ Protect yourself

- Ensure staff wear personal protective equipment (mask and gloves) when changing nappies or cleaning up vomit/diarrhoea.



### ✓ Ensure proper hand washing

- All staff and attendees should wash their hands with warm water and soap. Encourage children to use the 20+20 rule for washing their hands (wash your hands for 20 seconds and then dry your hands for 20 seconds).



### ✓ Clean and sanitise

- [Increase cleaning frequencies](#) especially for high-touch surfaces (door handles, bathrooms, nappy changing surfaces, tables, etc.). Clean the area first then sanitise with a 0.1% hypochlorite solution. Ensure cleaners are also using a sodium hypochlorite solution when cleaning at the end of the day.