

CLEANING AND DISINFECTION GUIDELINES FOR GASTROENTERITIS OUTBREAKS

The following infection control advice, if followed correctly, will help control the spread of Norovirus infection.
Give this advice to the appropriate person during the initial stages of any gastroenteritis outbreak investigation.

1. HAND WASHING

- 1.1 Wash hands frequently after:
 - using the toilet,
 - cleaning toilets and bathrooms,
 - handling soiled clothing or bed linen,
 - cleaning up incidents of vomiting or diarrhoea,
 - handling cleaning equipment such as cloths, buckets and mops,
 - changing nappies,
 - before and after preparing food.
- 1.2 Wash hands with warm water and soap, rubbing hands together vigorously for at least 20 seconds.
- 1.3 Dry hands thoroughly using disposable paper towels or a separate hand towel from other family or work members.
- 1.4 Alcohol based hand sanitizer can be used as an extra method of protection after thoroughly washing and drying hands. Do not use as a substitute for hand washing during gastrointestinal outbreaks unless no facilities are available.

2. CLEANING AND DISINFECTION

- 2.1 Prepare disinfectant:
 - An effective disinfectant can be prepared by mixing any supermarket brand bleach and water to a 0.1% solution. A new solution must be made up daily.
 - The ratio of bleach to water is dependent on the concentration of bleach purchased. Most supermarket brands are 2-5% sodium hypochlorite.
 - The following table outlines how to prepare a **1 litre 0.1% hypochlorite** solution:

Original strength of bleach (% sodium hypochlorite)	Bleach (ml)	Water (ml)	Total (ml)
1%	100	900	1000
2%	50	950	1000
3%	33	967	1000
4%	25	975	1000
5%	20	980	1000

- 2.2 Cleaning Equipment:
 - Use disposable cleaning equipment e.g. cloths and mop heads. If using re-usable mops, soak in 0.1% bleach solution after use for at least 30 minutes followed by a hot wash.
 - Use separate cloths for high risk areas such as toilet and bathroom.
- 2.3 Protect yourself first:
 - Ensure personal protective equipment (gloves, mask and gown or protective clothing) is worn, especially when cleaning up faecal matter or vomit.
- 2.4 Cleaning:
 - Clean contaminated areas first using standard household cleaners (soap, detergent, hot water etc.) to remove any faeces or vomit. This will allow the disinfectant to work effectively.
- 2.5 Disinfection:
 - Pay closest attention to areas of likely contamination and hand contact surfaces, for example toilets, bathroom floors and walls (especially the area surrounding the toilet after vomiting and diarrhoea), doorknobs, sinks, taps, benches, hand rails, phones and light switches.
- 2.6 Cleaning soft furnishings: (more important in residential care facilities and hotels etc)
 - Soft furnishings and carpet may discolour if cleaned with a bleach solution.
 - Contaminated soft chairs, mattresses and carpets should be cleaned with hot water and detergent and then steam cleaned.

3. RETURNING TO WORK, SCHOOL OR PRESCHOOL

- 3.1 All persons affected by Norovirus should remain off work, school or preschool until 48 hours after symptoms have stopped.

For further information contact Te Mana Ora | Community and Public Health