

Important Information on *E. coli* O157:H7

The best way to prevent the spread of *E. coli* O157: H7 to others is to:

- **Wash hands thoroughly, using soap and hot running water, before any food contact, and after any toileting or changing of diapers.**
- **Use a nailbrush and soap under hot running water to clean under fingernails. Rinse thoroughly.**
- **Have separate towels for sick people.**
- **Clean bathroom taps, toilets, and doorknobs at least once every day with an antiseptic cleaner such as bleach and water (1 part bleach to 10 parts water). Even better would be a separate bathroom for the sick person.**
- **Wash clothes, especially underclothes, in hot water and dry in a hot dryer for at least half an hour. If the clothes cannot be put in the dryer, dry in direct sunshine.**

Facts about *E. coli* O157:H7:

- **Symptoms of *E. coli* O157:H7 may include diarrhea (which may become bloody), a fever, may have vomiting and stomach cramps. If someone has symptoms and are ill they should go to their health care provider or to the hospital emergency room. Symptoms usually last 5 to 10 days.**
- ***E. coli* is not spread to others before you have symptoms (anywhere from one to 10 days after consuming *E. coli*)**
- **After you get symptoms, *E. coli* O157:H7 can be spread from person to person (for example, by hand to mouth contact through improper hand washing after using the toilet)**
- **After symptoms are done - usually from seven to ten days - an adult can still spread the bacteria for up to one week and children for up to three weeks**
- **Adults with *E. coli* O157:H7 or *E. coli*-like symptoms should not use recreational water venues, such as pools, for two weeks after symptoms are gone and four weeks for children, unless laboratory test is negative**
- **People who have been ill with *E. coli* O157:H7 should not return to work until they are 48 hours symptom-free and all employers should remind staff that if they are ill they should not be working. For people who work in a daycare, school or health care facility, it is important to get a doctor's note stating that lab results are negative before returning to work.**
- **Generally, *E. coli* O157: H7 must run its course. Most people recover without treatment. Antibiotics and antidiarrheal medicines, like loperamide (Imodium®), are not recommended and may increase the risk of complications. If a person is ill, they may require intravenous fluids at the hospital.**



NORTH BAY PARRY SOUND DISTRICT HEALTH UNIT Communicable Disease Control

North Bay Parry Sound District

Health Unit PREVENTING INFECTION IN THE CLASSROOM

• Handwashing (when)

Frequent handwashing is the single most effective way to prevent the spread of communicable diseases.

It is especially important to wash your hands:

-  before making or eating food;
-  when hands are visibly dirty;
-  after coughing or blowing your nose;
-  after playing with animals;
-  before and after changing contact lenses;
-  after you use the bathroom;
-  after changing diapers;
-  more frequently when someone is at home sick.

• Handwashing (how)

Proper hand washing may eliminate nearly half of all cases of foodborne illness and significantly reduce the spread of the common cold and flu. Use an alcohol-based handrub when your hands are not visibly soiled. Wash you hands with soap and water when your hands are visibly soiled.



4 Simple Steps to Handwashing

- 1 Wet your hands with warm running water and apply liquid soap.
- 2 Rub your hands vigorously together scrubbing all surfaces for 10 to 15 seconds.
- 3 Rinse well under warm running water for a count of five.
- 4 Dry hands thoroughly with a paper towel.



Using alcohol-based hand sanitizer

- 1 Apply a quarter size amount of sanitizer on the palm of your hand.
- 2 Rub hands, covering all surfaces of the hands and fingers including under your nails for 15 seconds or until hands feel dry, whichever is longest.

• Keep Sick Children Away

Children who are ill should not be allowed in the class while contagious to others.

Please refer to the “*Reporting and Exclusion Guidelines for Schools/Daycares*” document for the Health Unit’s recommendations regarding disease-specific exclusion guidelines.

Please do not hesitate to contact a member of the *Communicable Disease Control Program* at (705) 474-1400 or 1-800-563-2808 for further information or visit our website at www.healthunit.biz.



North Bay Parry Sound District Health Unit

FACTS ON PREVENTING THE SPREAD OF INFECTION

How Infection Spreads:

Understanding is the first step to controlling the spread of infection.

1. Infections are illnesses that are caused by bacteria, viruses, or other micro-organisms (germs).
2. These micro-organisms are found in body secretions, such as stool, or in tiny droplets produced by breathing, coughing or sneezing.
3. Micro-organisms are spread from one person to another in different ways. Some are spread through the air, others through contamination of food or surfaces, and others through blood contact only. Contaminated hands are a common vehicle for the transmission of micro-organisms.
4. Small children catch infections easily because they have not developed natural resistance.
5. People can spread infection without feeling ill themselves. Several infections are contagious before any symptoms appear or after the acute illness is over. Others may not have symptoms at all.

The Basics of Infection Control

1. Keep surfaces, premises, equipment, and hands as clean as possible at all times.
2. Ensure vaccinations for all children and employees at the facility are up-to-date.
3. Have child/employee stay home if ill in order to prevent the spread of infection to others.
4. Review the "Reporting and Exclusion Guidelines for Schools/Daycares" document found on the Health Unit's website at www.healthunit.biz for recommendations regarding disease-specific exclusion guidelines. Feel free to contact the health unit if you require further clarification regarding these guidelines.

Encourage Handwashing:

1. After using the washroom
2. Before eating/drinking
3. After contact with used tissues
4. After sneezing/coughing
5. After contact with an ill individual

Alcohol Rubs/Gels/Rinses:

Alcohol rubs/gels/rinses are the first choice for hand hygiene when hands are not visibly soiled. They are less time-consuming than washing with soap and water and are also less irritating to the skin.

Page 1 of 2



North Bay Parry Sound District

Health Unit

1-800-563-2808

Main Office

681 Commercial Street
North Bay, ON P1B 4E7
Tel: (705) 474-1400
Fax: (705) 474-2809

17 Copeland Street, Box 484
Burk's Falls, ON P0A 1C0
Tel: (705) 382-2018
Fax: (705) 382-2931

70 Joseph Street, Unit 302
Parry Sound, ON P2A 2G5
Tel: (705) 746-5801
Fax: (705) 746-2711

www.healthunit.biz

North Bay Parry Sound District Health Unit

Facts on Preventing the Spread of Infection

How do I use alcohol-based hand disinfectants?

1. Ensure hands are visibly clean. If soiled, perform handwashing using soap and water instead (see instructions below).
2. Apply 1-2 full pumps (a 'loonie' sized amount) of product onto one palm.
3. Spread product over all surfaces of hands, concentrating on commonly missed areas such as fingertips/nails, between fingers, backs of hands, and base of thumbs.
4. Continue to rub hands until product is dry. This should take a minimum of 15 seconds if sufficient product is used.

How safe are alcohol-based hand disinfectants?

Very safe. The alcohol content of the disinfectant product completely evaporates in 15 seconds. Alcohol-based hand disinfectants have been shown to be less irritating to skin than soap and water, and allergic contact dermatitis associated with alcohol-based hand disinfectants is uncommon.

Is it safe to use alcohol-based disinfectant for the hands of children?

Yes, it is safe. Alcohol-based hand disinfectant should not be swallowed. Therefore, young children should be supervised when using it. After application of the disinfectant to hands, the alcohol content evaporates, and children can safely touch their mouth or eyes. Always be sure to store alcohol-based hand disinfectant in a safe location.

Handwashing with soap and water

1. Wet hands with warm water.
2. Apply liquid or foam soap.
3. Vigorously lather all surfaces of hands for a minimum of 15 seconds, concentrating on commonly missed areas such as fingertips/nails, between fingers, backs of hands, and base of thumbs.
4. Thoroughly rinse ALL soap from hands using a rubbing motion.
5. Dry hands by blotting gently with a paper towel. Use paper towel to turn off taps to avoid re-contaminating hands.

August 2008

Page 2 of 2



North Bay Parry Sound District

Health Unit

1-800-563-2808

Main Office

681 Commercial Street
North Bay, ON P1B 4E7
Tel: (705) 474-1400
Fax: (705) 474-2809

17 Copeland Street, Box 484
Burk's Falls, ON P0A 1C0
Tel: (705) 382-2018
Fax: (705) 382-2931

70 Joseph Street, Unit 302
Parry Sound, ON P2A 2G5
Tel: (705) 746-5801
Fax: (705) 746-2711

www.healthunit.biz