

STOPPING THE SPREAD OF INTESTINAL ILLNESSES

Diarrhea is often the first sign of an intestinal illness. Other symptoms include nausea, vomiting, stomach cramps, and fever.

If you have an intestinal illness—even if you feel well—you should wash your hands, dishes, and laundry properly to help prevent others from getting sick.

These suggestions will help stop the passing of your germs to other people.

- After using the toilet or changing diapers, wash your hands well with soap and hot water. Lather for at least 15 seconds then rinse. Dry with paper towel and turn off tap with paper towel.
- Adults and children with intestinal illness—especially diarrhea—should not handle food or beverages for other people.
- Dishes and cooking equipment should be washed with hot water and soap, and then rinsed with chlorine bleach or hot water. An automatic dishwasher is better.
- Wash all bathroom fixtures often. Pay special attention to water taps and toilet flush handle.
- Laundry: Your towel and wash cloth should not be used by others. Bedding, underwear, and towels should be washed separately and disinfected.
- If you live in a house with someone who has an intestinal illness, wash your hands well after handling items used by this person. This is the best way to stop the spread of the illness.
- Stay home when you have symptoms. Most people need to remain home from work or school for 48 hours after symptoms stop.

NOTE:

Health Info sheets are available from KFL&A Public Health on these common illnesses:

- Salmonella
- Giardiasis
- Campylobacter

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