



Thames Valley gastroenteritis outbreak pack for education and childcare settings

The following guidance aims to help you manage an outbreak of gastroenteritis in an educational setting or nursery environment. The principles are effective at limiting the spread of viral and bacterial infections, including norovirus. It has been produced with reference to national guidance, entitled 'Health Protection in children and young people settings, including education' and can be found here - <https://www.gov.uk/government/publications/health-protection-in-schools-and-other-childcare-facilities>

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Summary for Norovirus Outbreaks

Transmission Route:	Person to person by the faecal oral route, from aerosols of projectile vomit and from environmental contamination.
Incubation Period:	12 to 48 hours (length of time from acquiring the infection to developing symptoms).
Exclusion:	48 hours after their last episode of diarrhoea or vomiting.
Closures:	It is not necessary to close the educational setting, unless there are operational reasons such as significant staff absence, which would be a decision for the educational setting in conjunction with the relevant Local Authority.

Recommendations for action

Hand Hygiene:	<ul style="list-style-type: none"> • Children should be supervised and encouraged to wash their hands before eating and drinking and after going to the toilet. • Hand washing with liquid soap and warm water. • Paper towels should be used for drying hands and a wastepaper bin provided for disposal. • Alcohol gel is not effective against norovirus, but it can be used in addition to soap and water. • Everyone should wash their hands on arrival at the educational setting and before leaving. • Sand, playdough and water play activities should be suspended for the duration of the outbreak.
Cleaning and disinfection:	<ul style="list-style-type: none"> • Ensure the educational setting surfaces are thoroughly cleaned daily using warm water and detergent. • All eating surfaces and toilet areas should be disinfected after cleaning twice daily using a hypochlorite solution 1,000 parts per million (such as Milton Solution) • It is recommended that toilets are cleaned at least twice a day and their condition monitored during the day, with a view to an extra clean if required. • Always wear disposable apron and gloves when cleaning. Dispose after use and wash hands as above. • The areas that should be cleaned and then disinfected should include: <ul style="list-style-type: none"> ➤ All areas of the toilet including rims, seats, and handles ➤ Wash basins and taps ➤ Door handles and light switches ➤ All frequently touched equipment ➤ Frequently handled items such as telephones and computer keyboards ➤ Carpeted areas and soft furnishings should be cleaned as normal, preferably with a carpet shampoo rather than a vacuum cleaner (hypochlorite will bleach carpets and soft furnishings).
Public spillage incident:	<p>When spillages of vomit or diarrhoea occur:</p> <ul style="list-style-type: none"> • Cover the excreta/vomit spillages immediately with disposable paper towels. • Always wear a disposable apron and gloves when disposing of faeces/vomit. A face mask should be worn if there is a concern about splash contamination to the face. • After removing the spillage, clean the surrounding area with warm soapy water, followed by disinfection with a hypochlorite solution of 1000 parts per million. Always clean a wider area than is visibly contaminated. • Carpets contaminated with faeces or vomit should be cleaned with warm soapy water (or a carpet shampoo) after removal of the spillage with paper towels. This should be followed by steam cleaning if possible. • The area where the incident has occurred should be cleared and ventilated as soon as possible.
Food Safety:	<ul style="list-style-type: none"> • Everyone should eat and drink in designated areas (i.e. dining hall or staff room). • Open boxes of chocolates/biscuits and fruit bowls must be removed in an outbreak as they can easily become contaminated. • Food handlers should avoid contact with the educational setting children during an outbreak, in order to avoid contamination of the kitchen or food. • Kitchens MUST have their own separate cleaning equipment.

Further Information can be found in the guidance: Health Protection in children and young people settings, including education <https://www.gov.uk/government/publications/health-protection-in-schools-and-other-childcare-facilities>

Action Card 1

Title	Managing an outbreak of diarrhoea & vomiting in a school or childcare setting
Description	Overview of what to do in an outbreak situation
Who	Those members of staff that are responsible for overseeing/managing an outbreak i.e. Head Teacher, administrative staff, absence monitoring manager etc.

Definitions of an outbreak

- An incident in which 2 or more people experiencing a similar illness are linked in time or place. *(This is important for infections where there could be serious outcomes such as meningitis or measles)*
- A greater than expected rate of infection compared with the usual background rate for the place and time where the outbreak has occurred *(this is more applicable to gastro-intestinal or respiratory infections)*

NOTE: You do not need to notify the Health Protection Team of all outbreaks of gastro-intestinal infections routinely (see Action card 3).

What do you need to do?

- Ensure good record keeping – names, dates of birth, symptoms, dates of onset of illness of cases, number and location of episodes of vomiting in communal areas etc. in the educational setting.
- Inform UK Health Security Agency (UKHSA) for advice & guidance (**see Action Card 3** for triggers of when to notify).
- Prompt exclusion / isolation of affected children and staff, ensuring strict compliance with 48hour exclusion (i.e. fully recovered for 48 hours before returning to the educational setting)
- Consideration should be given to advising parents and visitors about the outbreak. An information sheet with advice is attached in section 7.
- Remind children about the importance of good hand hygiene.
- Cookery activities for the children as well as sand, playdough and water play activities should be suspended for the duration of the outbreak. All potentially contaminated materials should be discarded and replaced in accordance with your local procedure.
- Ensure robust infection control measures are in place:
 - Cleaning regime in place (see Action Card 2)
 - Guidance for the management of ‘Spillages of vomit or diarrhoea’ are followed (see Action Card 2)
 - Effective hand hygiene (see Summary Sheet)
 - Plentiful supply of personal protective equipment (PPE), liquid soap, paper towels, etc.
 - Non-essential visitors should be restricted and/or discouraged from visiting during the outbreak.
 - Dispose of all infection-exposed food items from communal areas i.e. boxes of chocolates, biscuits, or bowls of fruit.
- Declare the outbreak over when there has been 48 hours since the resolution of symptoms in the last known case.
- Terminal clean (Action card 2) to be done as soon as possible after resolution of outbreak.

Further Information can be found in the guidance: Health Protection in children and young people settings, including education <https://www.gov.uk/government/publications/health-protection-in-schools-and-other-childcare-facilities>

Action Card 2

Title	Cleaning & disinfection of the educational setting/nursery environment
Description	Germs that cause diarrhoea & vomiting will survive in the environment, so to stop the infection spreading it is important that the areas are maintained in a clean condition. Decontamination (cleaning and disinfecting) the areas thoroughly on a frequent basis is necessary.
Who	Caretakers, other staff with responsibility for cleaning

The following are terms that you may hear:

<u>Detergent:</u> A cleaning agent that helps to remove dirt and grease from surfaces	<u>Disinfectant:</u> A chemical that destroys bacteria. <u>Recommended Disinfectant:</u> Chlorine - releasing agent/hypochlorite solution (e.g. bleach or 'Milton' solution 0.1% at 1000ppm)
<u>Routine cleaning:</u> A process that physically removes contamination which is done on a regular/daily basis. Warm water and detergent should be used to clean.	<u>Disinfection:</u> A process that reduces the number of germs to a level at which they are not harmful but is only effective if the surfaces and equipment are cleaned thoroughly with detergent and water beforehand.
<u>Enhanced cleaning:</u> During an outbreak cleaning and disinfection should be done twice daily as a minimum (plus as necessary). Particular attention should be given to frequently touched surfaces, e.g. door handles, flushes, taps, contact points, switches, mirrors, bins, furniture, stair rails, etc.	<u>Deep cleaning:</u> Intense and enhanced thorough cleaning process. Usually planned ahead e.g. during holiday periods.
<u>Terminal cleaning:</u> Cleaning that takes place at the end of an outbreak to ensure the area has been thoroughly cleaned and disinfected. This includes the steam cleaning of carpets and soft furnishings.	

To clean effectively you will need:

Equipment

Clean, disposable, single-use cloths, dedicated mop & mop bucket (different coloured equipment for different areas is a useful tool), dustpan and brush, clinical waste bags (yellow), spillage kit, paper towels, Personal Protective Equipment (PPE), steam cleaner.

Cleaning equipment used by the kitchen staff **must** be kept separate and used solely for kitchen.

Chemicals

Detergent (see above)

Disinfectant (see above)

Sanitiser – this is a commercial purchased combination of a detergent with disinfectant properties.

You must always ensure that you follow your health and safety guidelines when handling chemicals including the use of appropriate PPE

- During an outbreak cleaning and disinfection should be done twice daily.
- Warm water and detergent should be used to clean hard surfaces followed by disinfection with a 0.1% hypochlorite solution. Bleach or Milton are the recommended disinfectants (at 1000ppm), as they will kill both bacteria and viruses. If these are unsuitable, a disinfectant that has **both** antibacterial and antiviral properties **must** be used.
- Particular attention should be paid to cleaning and disinfecting toilet seats, toilet flush handles, door handles, washbasin taps, push-plates on doors, light switches, stair handrails and other frequently touched areas.
- Spillages of vomit or diarrhoea should be cordoned off and the area cleared immediately:
 - Wear disposable gloves and apron.
 - Use a spill kit or paper towels to soak up the spillage. Transfer these and any solid matter directly into a clinical waste bag.
 - Clean the soiled area with detergent and hot water, using a disposable cloth. A two-metre area around the spillage should be cleaned.
 - The same area should then be disinfected with the freshly made hypochlorite solution.
 - Dispose of gloves, apron, and cloths into the clinical waste bag.
- Wash hands thoroughly using soap and water and dry them with paper towels. Alcohol hand-rub is not a substitute for hand washing after cleaning up a spillage.
- Vacuum cleaning carpets and floor buffing are not recommended during an outbreak.
- Do-not use bleach on carpets or soft furnishings - a steam cleaner must be used to remove the bacterial or viral particles.
- Clothing contaminated with body fluids should be placed in a sealed plastic bag and taken home by the child/parent. Do not wash/sluice or soak the contaminated items on behalf of the child/parent.
- Carpets and soft furnishings should be steam-cleaned, or a carpet shampoo used.

Further Information can be found in the guidance: Health Protection in children and young people settings, including education <https://www.gov.uk/government/publications/health-protection-in-educational-settings-and-other-childcare-facilities/preventing-and-controlling-infections>

Action Card 3

Title	Reporting an outbreak of D&V to UK Health Security Agency South East (UKHSA SE) by telephone or email.
Description	This card gives you the contact details for UKHSA SE and the information that the UKHSA SE will require to help you manage your outbreak.
Who	Those members of staff that are responsible for informing UKHSA SE of an outbreak i.e. head teacher, administrative staff.

When to report:

Educational settings should notify the HPT in the following circumstances:

- Pupils and staff with vomiting and/or diarrhoea with onset of illness around the same time.
- Cases of vomiting and diarrhoea associated with an educational setting trip or event.
- Any severe gastrointestinal illness that has resulted in hospitalisation etc.
- Reports of severe or bloody diarrhoea.
- Increased levels of concern in parents/public/media.

The general increase in GI cases which occur periodically (which are usually caused by norovirus) can be managed by the educational setting using this guidance.

Phone: 0344 225 3861 or email se.acuterresponse@ukhsa.gov.uk

What UKHSA SE will ask for:

- Name and address of the educational setting, including the postcode
- Contact person's name and phone number
- Total number of children at the educational setting
- Details of the year groups / classes
- Number of staff at the educational setting
- Number of children affected, which year groups, details of siblings affected
- Number of staff affected
- Date of onset of first illness (onset date)
- Details of any recent educational setting trips, special events
- Details of any episodes of public vomiting
- Details of educational setting caterers affected
- Educational setting lunch / packed lunch ratio
- Educational setting layout and facilities, particularly who shares toilets

Further Information can be found in the guidance: Health Protection in children and young people settings, including education <https://www.gov.uk/government/publications/health-protection-in-schools-and-other-childcare-facilities>

Action Card 4

Title	Contacts and further information
Description	This card provides details of the main contacts who can help you during an outbreak.
Who	Those members of staff who are responsible for informing UKHSA SE of an outbreak, i.e. administrative staff, head teacher

UKHSA: se.acuteresponse@ukhsa.gov.uk 0344 225 3861

Educational setting Nursing Teams

Bracknell Forest Council	0300 365 6000 and select option 3 Bracknellforest.SN@berkshire.nhs.uk	Reading Borough Council	01189 207514 csnreading@berkshire.nhs.uk
Slough Borough Council	01753 373464 / 0800 7723578 publichealthnursing.4slough@nhs.net NOTE these contact details will change from 1 st October 2024 to: 0300 247 0073 hcrq.sloughchildandfamilywellbeing@nhs.net	West Berks Council	01635 273384 csnwestberks@berkshire.nhs.uk
Royal Borough of Windsor & Maidenhead	0300 365 6523 school.nursing@achievingforchildren.org.uk	Wokingham Borough Council	0118 904 7330 csnwokingham@berkshire.nhs.uk
Buckinghamshire Overarching admin: 01296 838000, option 5 bht.schoolhealth-enquiries@nhs.net			
Aylesbury	01296 566032	Chalfonts & South Bucks	01753 888835
Buckingham	01280 826982	Wycombe	01494 426177
Chiltern	01494 722988	Abingdon (South Oxford)	01865 904890
Banbury (North Oxford)	01865 904234	Oxford City and Central	01865 904225

Environmental Health Departments

Buckinghamshire Council	01296 585605 environmentalhealth@buckinghamshire.gov.uk	Cherwell District Council	01295 227990
Reading Borough Council	0118 9372465	Oxford City Council	01865 249811
West Berks Council	01635 519192	South Oxfordshire District Council	01235 422403
Wokingham Borough Council	0118 974 6000 / environmental.health@wokingham.gov.uk	Vale of White Horse District Council	01235 422403
Bracknell Forest Council	01635 503242	West Oxfordshire District Council	01993 861000
Royal Borough of Windsor & Maidenhead	01628 683820	Milton Keynes	01908 252398
Slough Borough Council	01753 475111 Email 9am- 5pm: foodandsafety@slough.gov.uk Out of hours: 01753 475111		

UK Health Security Agency SE

Gastrointestinal Outbreak Pack for Education and Childcare Settings

National guidance is available on GOV UK website entitled 'Health protection in children and young people settings, including education'. The following are links to the individual chapters for ease of reading.

1.	What infections are, how they are transmitted and those at higher risk of infection	https://www.gov.uk/government/publications/health-protection-in-schools-and-other-childcare-facilities/what-infections-are-how-they-are-transmitted-and-those-at-higher-risk-of-infection
2.	Prevention and Controlling infections	https://www.gov.uk/government/publications/health-protection-in-schools-and-other-childcare-facilities/preventing-and-controlling-infections
3.	Supporting immunisation programmes	https://www.gov.uk/government/publications/health-protection-in-schools-and-other-childcare-facilities/supporting-immunisation-programmes
4.	Managing outbreaks and incidents	https://www.gov.uk/government/publications/health-protection-in-schools-and-other-childcare-facilities/managing-outbreaks-and-incidents
5.	Managing specific infectious diseases: A to Z	https://www.gov.uk/government/publications/health-protection-in-schools-and-other-childcare-facilities/managing-specific-infectious-diseases-a-to-z
6.	Specific settings and populations: additional health protection considerations	https://www.gov.uk/government/publications/health-protection-in-schools-and-other-childcare-facilities/specific-educational-settings-and-populations-additional-health-protection-considerations
7.	Children and young people settings: tools and resources (including exclusion table, posters, checklists)	https://www.gov.uk/government/publications/health-protection-in-schools-and-other-childcare-facilities/children-and-young-people-settings-tools-and-resources



Gastroenteritis / Norovirus Factsheet

Gastroenteritis

Gastroenteritis refers to a condition in which a stomach bug, usually a virus, infects the gut and gives rise to symptoms such as diarrhoea and vomiting.

Norovirus

- Norovirus, also known as the 'winter vomiting bug' is the most common cause of gastroenteritis in England and Wales.
- Norovirus affects people of all ages and spreads easily from person to person.
- The virus is transmitted by direct contact with an infected person, consuming contaminated food or water or by coming into contact with contaminated surfaces or objects.

Symptoms

Sudden onset nausea, vomiting and diarrhoea, usually 1-2 days after becoming infected. Other symptoms may include fever, a headache and body aches.

Stay at Home

Stay off the educational setting or work until you have not been sick or had diarrhoea for at least 48 hours.

Recovery

- There is no specific treatment for norovirus and most people will make a full recovery in 2-3 days without needing medical assessment or medication.
- Some people (usually the very young or elderly) may become very dehydrated and require hospital admission. It is therefore important to drink plenty of fluids during the illness to avoid dehydration.
- Those with diarrhoea and vomiting should try and avoid attending A&E or their GP surgery unless advised to do so by a healthcare professional as this can spread the virus to others.

Prevention

- Good hand hygiene is essential to preventing Norovirus from spreading.
- Hands should be washed thoroughly using soap and water (not alcohol gel) after using the toilet, before preparing and eating food and after contact with a sick person. Alcohol gel is not effective against norovirus, but it can be used in addition to soap and water.
- Children should be encouraged to wash their hands after using the toilet, after play, before eating and on arrival and departure from educational setting (to ensure they do not bring the infection to educational setting or take it home).
- For younger children handwashing should take place under supervision to ensure proper technique.
- Any contaminated clothing or bedding should be washed with detergent at 60°C.
- Surfaces and touch points (taps, toilet flush handle, door handles) should be cleaned and disinfected with a bleach-based cleaner.
- Stay off educational setting or work until you have not been sick or had diarrhoea for at least 48 hours.

Further Information:

[Diarrhoea and vomiting - NHS \(www.nhs.uk\)](http://www.nhs.uk)

Best Practice: How to hand wash step by step images

Steps 3-8 should take at least 15 seconds.





Play outside



Turn on tap



Soap



Scrub hands



Rinse hands



Dry hands