



Food safety advice

Hygiene Precautions for those with vomiting/diarrhoea

This guidance has been prepared in conjunction with the Public Health England and the Consultant for Communicable Disease Control. It is designed to help prevent the spread of illness where individuals have symptoms which include vomiting and diarrhoea. The precautions in this advice sheet are applicable at home as well as in a residential or work environment.

Do I need to tell anyone if I've had vomiting or diarrhoea?

If you work in a food business, or work in a caring environment with the elderly, the young, or the sick, (e.g. a nursery, a hospital or a care home) you will need to tell the owner of the business, or your supervisor that you have experienced these symptoms.

You should not go into work, until you have been clear of symptoms for at least 48 hours. Children with symptoms should be kept off school, playgroup or nursery until they have been clear of symptoms for at least 48 hours.

If you are staying in a hotel, conference centre, or other residential accommodation, you should advise the reception or accommodation manager immediately.



How are these illnesses spread?

Viral infections that produce vomiting and diarrhoea are mainly spread "from person to person". That is, by contact with an infected person or article and by 'aerosol' contamination of the environment.

What hygiene precautions do I need to take?

- If vomiting has occurred, all possible contaminated surfaces should be cleaned and sanitised immediately. Please remember, vomit due to viral infection is infectious. If you feel there could be some contamination of clothes e.g. vomit splashing off a hard surface on to your clothes, it is best to change your clothes and launder the soiled clothes in a hot wash.



Food safety advice

- After using the toilet, ensure all surfaces are clean. Use a disinfectant to clean toilet bowl, seat, flush handle, taps and door handle.
- Keep all contaminated surfaces clean and dispose of all tissues, paper towels etc. that you have used. Preferably put them directly into an outside bin, or tie them up in a plastic bag.
- Any spillage's on carpets/soft furnishing etc, must be cleaned up immediately with a strong solution of disinfectant.
- Always wash hands with soap and hot water and ensure flush, tap and door handles, and light switches are not contaminated. Wash and clean face after vomiting.
- Do not share cups, tumblers, cutlery etc., with others



How long do I need to carry on with these precautions ?

You can still be infectious even after your symptoms have stopped. You therefore need to pay attention to hygiene for at least 48 – 72 hours and ideally for a week after your symptoms have stopped.

Do I need to go and see my Doctor?

Whether you need to see a Doctor or not will depend on the severity of your symptoms, your normal state of health and whether you belong to a vulnerable group – e.g. the elderly, the very young and people who are already unwell.