

Infection Prevention update: Gastro management

What is Gastro?

Gastro (short for gastroenteritis) is a short-term illness triggered by infection and causes inflammation of the digestive system

Symptoms of gastro include:

- Diarrhoea (watery poo)
- Nausea
- Vomiting
- Loss of appetite
- Stomach cramps and abdominal pain
- Sometimes - muscle aches, headaches and low-grade fever



How do you know it's an outbreak?

An outbreak is defined as **two or more related cases of gastro**.

The primary aim is to prevent further disease by identifying the source, cleaning contaminated environments and isolating cases.

If you suspect you have a gastro outbreak in your facility, the first step is to **notify us on 1300 651 160** and then **follow the cleaning and control measures** we provide you.

Further information on managing outbreaks is available from:

- [Advice on management of gastro outbreaks](#)
- [Advice on environmental cleaning](#)
- [Bleach dilution quick guide](#)

Prevention

Prevention depends on good old-fashioned hand washing or use of alcohol-based hand rubs, good food handling practices and personal hygiene. Early isolation of symptomatic residents is recommended.

Environmental Health update: World Environmental Health Day

World Environmental Health Day is celebrated every year on 26 September to highlight the global efforts towards environmental health - a branch of public health aiming to protect human health by improving the environment's wellbeing. The day also raises awareness of the environmental health profession and the essential role of Environmental Health Officers.

Environmental Health Officers protect, promote and improve public health to prevent people from getting sick from their environment.

This work includes the following areas:

- drinking water and food safety
- mosquitoes
- tobacco and smoking controls
- emergency management
- tattoo and body piercing
- public swimming and spa pool water safety
- wastewater and water recycling
- infectious diseases
- pests, vermin and animals
- housing and caravan parks
- land development and contaminated land
- air quality and noise

You can report environmental health concerns to your local environmental health department (based in your local council offices) who may be able to investigate or refer you to the most appropriate organisation for investigation.

This year's World Environmental Health Day theme is -
Global Environmental Public Health:
Standing up to protect everyone's health each and every day.

Further environmental health information is available on:
[Better Health Channel - Environmental Health](#)