

COMHAIRLE NAN EILEAN SIAR

INFECTIOUS DISEASE CONTROL INFORMATION SHEETS

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COMHAIRLE NAN EILEAN SIAR

INFECTIOUS DISEASE CONTROL INFORMATION SHEET NO. 1

CAMPYLOBACTER ENTERITIS

Source: Gastrointestinal tract of birds (particularly poultry) and animals, cattle and domestic pets.

Spread: Raw or undercooked meat (especially poultry), unpasteurised milk, untreated water, handling animals with diarrhoea and it has also been shown to be spread by birds contaminating milk whilst pecking at the milk bottle caps. Person to person spread is possible if personal hygiene is poor.

Symptoms: Abdominal pain, diarrhoea, (stools often contain blood) malaise, vomiting is rare.

Incubation: 1 to 11 days (usually 2 to 5 days)

Precautions: Thorough hand washing and drying are the most important factors in preventing the spread of infection.

Wash hands after using the toilet, before preparing or serving food and before meals.

Ensure all meat especially poultry is cooked thoroughly (barbecued meat often causes problems).

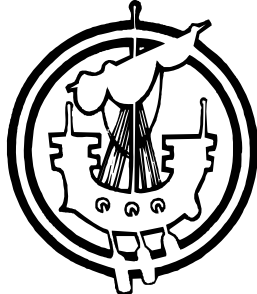
Never wash pets feeding bowls with the family dishes or allow pets to lick from the family dinner plates.

Always wash hands after handling pets.

Food handlers and staff who work with susceptible people i.e. the elderly, children less than five years old or those with learning disabilities or special needs must be symptom free for 48 hours before they return to work and must adhere to strict hygienic practices.

For further information and advice please contact:

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INFECTIOUS DISEASE CONTROL INFORMATION SHEET NO. 2

SALMONELLA

- Source:** Raw meat, poultry, untreated milk and raw eggs. It is also in the gut of reptiles and amphibians (for example, terrapins).
- Spread:** It may be spread from food to hands, utensils or work surfaces which in turn can contaminate foods which are to be eaten without further cooking. There may be direct contamination from raw to cooked food. Also poor hygiene of food handlers carrying the organism (not washing hands after using the toilet) and using known contaminated foods as raw ingredients without adequate cooking and temperature control. It can also be spread from person to person, and by flies and cockroaches.
- Symptoms:** Diarrhoea, abdominal pain, vomiting and fever.
- Incubation:** 6 to 72 hours (usually 12 to 36 hours)
- Precautions:** Frequent hand washing by food handlers.
Clean utensils and work surfaces thoroughly.
Store eggs in a refrigerator below 8°C.
Avoid eating raw eggs or uncooked dishes made from them.
Raw meats should be kept separate from cooked food.
Fully defrost meat and poultry before cooking.
Ensure all meat and poultry is thoroughly cooked, cooled quickly and stored in a refrigerator below 8°C.
All food should be covered to prevent contamination from flies and cockroaches.

Food handlers and staff who work with susceptible people i.e. the elderly, children less than five years old or those with learning disabilities or special needs must be symptom free for 48 hours before they return to work. They must adhere to strict hygienic practices.

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INFECTIOUS DISEASE CONTROL INFORMATION SHEET NO. 3

STAPHYLOCOCCUS AUREUS

Source: The organism is carried by man in the nose or throat and in boils or septic cuts. When the bacteria grows on food a toxic substance is produced in the food.

Spread: It may be spread by hands that are contaminated and by sneezing or coughing directly onto food. If boils and septic cuts are not covered this can spread the organism. Once the toxin is produced thorough cooking or re-heating may not destroy it. Handling cooked foods such as ham, meat, poultry, fish, prawns and cream cakes which are then stored at room temperature for more than two hours and then eaten cold. Person to person spread does not occur.

Symptoms: Abdominal pain, severe vomiting and prostration.

Incubation: 1 to 7 hours (usually 2 to 4 hours)

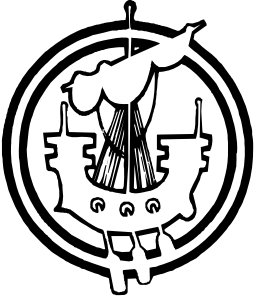
Precautions: Frequent hand washing, particularly by food handlers.
Any open or septic wound must be covered with a waterproof plaster.
Where possible avoid touching food.
Keep cooked meats and read-to-eat foods refrigerated below 8°C to prevent the numbers of organisms from increasing.
Good kitchen hygiene to prevent multiplication of bacteria on equipment, cutting boards, and mincing machines.

It is important that anyone who has a scaling, weeping or discharging lesion on an exposed part of their skin (face, neck, hands, arms or scalp) which cannot be adequately covered, ceases food handling work. Similarly, anyone with weeping or pustular lesions of the eyes, ears, mouth and gums must cease food handling until healed.

Food handlers must be symptom free for 48 hours before they return to work and must adhere to strict hygienic practices.

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INFECTIOUS DISEASE CONTROL INFORMATION SHEET NO. 4

BACILLUS CEREUS

Source: The organism may be present in soil, dust and vegetation. Foods which may be contaminated are cereal products, herbs and spices, dried foods, milk and dairy products, meat and meat products.

Spread: It may be spread where food is stored for long periods in moist warm conditions. These conditions allow the spores to germinate and multiply to large numbers necessary to cause illness. It occurs mainly in rice dishes; occasionally pasta, meat or vegetable dishes, dairy products, soups, sauces and sweet pastries. Person to person spread does not occur.

Symptoms: Nausea, vomiting, diarrhoea and abdominal pain.

Incubation: 1 to 16 hours

Precautions: Avoid pre-cooking of food, especially rice, cereal and meat dishes.
Cool foods quickly and store in the refrigerator.
Re-heat foods only once.

Food handlers must be symptom free for 48 hours before they return to work and must adhere to strict hygienic practices.

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INFECTIOUS DISEASE CONTROL INFORMATION SHEET NO. 5

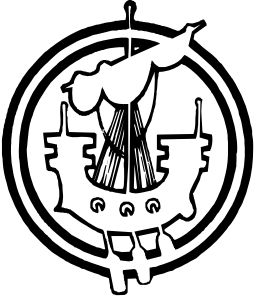
CLOSTRIDIUM PERFRINGENS

- Source:** Soil, human and animal excretion, raw meat, poultry and dehydrated products.
- Spread:** It may be spread where meat and poultry dishes are pre-cooked, cooled slowly and stored at room temperature allowing the growth of the organism and then reheated inadequately e.g. pies, stews etc. Person to person spread does not occur.
- Symptoms:** Abdominal pain, diarrhoea and nausea.
- Incubation:** 8 to 22 hours (usually 12 to 18 hours)
- Precautions:** Avoid pre-cooking of food.
Cool foods quickly and store under refrigeration.
When reheating foods stir and ensure thorough heat penetration.

Food handlers and staff who work with susceptible people i.e. the elderly, children less than five years old or those with learning disabilities or special needs must be symptom free for 48 hours before they return to work and must adhere to strict hygienic practices.

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INFECTIOUS DISEASE CONTROL INFORMATION SHEET NO. 6

ESCHERICHIA COLI

Source: The organism may be present in the gut of man and animals and may be found in raw animal products e.g. sausages, burgers and in soil and water.

Spread: It may be spread by the faecal-oral route i.e. hands that have not been washed after using the toilet become contaminated. It can also be spread by undercooked meat products e.g. sausages and burgers.

Symptoms: Diarrhoea

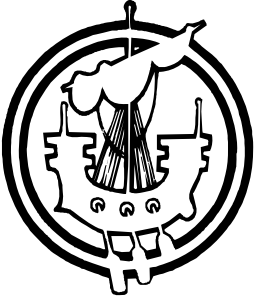
Incubation: 12 to 72 hours

Precautions: Good personal hygiene, especially hand washing before handling food.
Ensuring all meat products such as sausages and burgers are cooked thoroughly right through to the centre.

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INFECTIOUS DISEASE CONTROL INFORMATION SHEET NO. 7

LISTERIA MONOCYTOGENES

Source: Humans, animals, insects, soil and water.

Spread: Food may be contaminated in the environment e.g. dust, insect or animals.
Cooked products contaminated by raw products.
Foods most likely to be contaminated are meat pates and soft cheeses.

Symptoms: Infection can lead to flu-like symptoms.

These are most likely to develop in pregnant women and their foetuses, new born infants and the elderly. In pregnant women the infection may also lead to the risk of abortion.

Precautions: Pregnant women should avoid meat pates and soft cheeses.
Avoid long storage of ready to eat cooked and chilled food.
Reheat food thoroughly.

Food handlers and staff who work with susceptible people i.e. the elderly, children less than five years old or those with learning disabilities or special needs must be symptom free for 48 hours before they return to work and must adhere to strict hygienic practices.

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CRYPTOSPORIDIUM

Source: The organism is carried in the faeces of infected humans and animals, particularly farm and other domesticated animals. Also water that is infected with faeces.

Spread: It is usually spread by hands that have been contaminated with the bacteria, drinking water that is contaminated, or by washing salad or vegetables in such water and then consuming them will cause illness. Infection through swimming pools has been reported. Seasonal outbreaks are associated with farm visits to feed and handle lambs. Person to person spread is possible, particularly in households and nurseries.

Symptoms: Diarrhoea or pale greasy stools, nausea, abdominal pains, vomiting is unlikely.

Incubation: 2 to 5 days

Precautions: Thorough hand washing and drying are the most important factors in preventing the spread of infection.

Wash hands after using the toilet, before preparing or serving food and before meals.

Do not wash raw foods in contaminated water.

Sufficient cooking will kill any bacteria present.

Food handlers and staff who work with susceptible people i.e. the elderly, children less than five years old or those with learning disabilities or special needs must be symptom free for 48 hours before they return to work and must adhere to strict hygienic practices.

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INFECTIOUS DISEASE CONTROL INFORMATION SHEET NO. 9

DYSENTERY

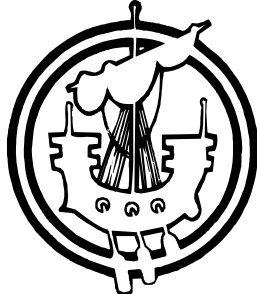
- Source:** The source of dysentery infection is in the faeces of infected humans.
- Spread:** It is usually spread by the faecal-oral route i.e. hands that have not been washed after using the toilet are contaminated with bacteria. Unclean hands can also contaminate food, water, cups, toys etc.
- Symptoms:** Diarrhoea (often with blood and mucus), fever, vomiting, headache and general malaise.
- Incubation:** 1 to 7 days
- Precautions:** Thorough hand washing and drying are the most important factors in preventing the spread of infection.
- Wash hands after using the toilet, before preparing or serving food and before meals.
- Hand contact sites such as toilet seats, handles and taps should be regularly disinfected.

Food handlers and staff who work with susceptible people i.e. the elderly, children less than five years old or those with learning disabilities or special needs must be symptom free for 48 hours before they return to work and must adhere to strict hygienic practices.

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INFECTIOUS DISEASE CONTROL INFORMATION SHEET NO. 10

GIARDIASIS

Source: The source of giardiasis infection is in the faeces of infected humans and animals.

Spread: It is usually spread by hands that have been contaminated with the bacteria, drinking water that is contaminated, or by washing salad or vegetables in such water and then consuming them will cause illness. Person to person spread can occur by direct contact (faecal-oral) particularly in young children and families.

Symptoms: Diarrhoea or pale greasy stools, nausea, abdominal pain, vomiting is unlikely.

Incubation: 5 to 25 days

Precautions: Thorough hand washing and drying are the most important factors in preventing the spread of infection.

Wash hands after using the toilet, before preparing or serving food and before meals.

Do not wash raw foods in contaminated water.

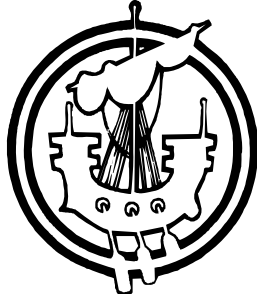
Sufficient cooking will kill any bacteria present.

Food handlers and staff who work with susceptible people i.e. the elderly, children less than five years old or those with learning disabilities or special needs must be symptom free for 48 hours before they return to work and must adhere to strict hygienic practices.

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INFECTIOUS DISEASE CONTROL INFORMATION SHEET NO. 11

E. COLI 0157

Source: Cattle are the main source of infection, with burgers, minced meat, unpasteurised milk, yoghurt and faecally contaminated raw vegetables and water being vehicles of infection. Also open farms where animals may be fed and petted.

Spread: It may be spread from person to person where poor personal hygiene is undertaken e.g. not washing hands after using the toilet or after handling animals. It can also be spread by undercooking burgers and minced meat and drinking/eating raw cows milk products. Person to person spread can occur by direct contact (faecal oral), particularly in households, nurseries, and infant schools.

Symptoms: These range from mild diarrhoea to the more serious condition of haemorrhagic colitis with severe abdominal pain and bloody diarrhoea. In some cases this can cause kidney failure due to haemolytic uraemic syndrome (HUS) and can be fatal. However illness usually resolves itself within eight days.

Incubation: 1 to 6 days generally

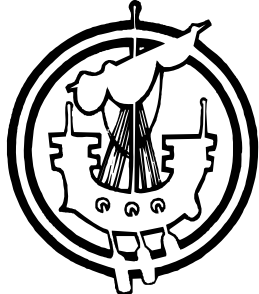
Precautions: Thorough cooking of meat including burgers and minced meat which should be thoroughly cooked until juices run clear. To reduce the risk of cross contamination of foods it is advisable to keep raw meats separate from cooked foods. Thorough hand washing using bacteriocidal soap, especially before handling food and after using the toilet and handling animals.

E. coli 0157 is most common in children under 5 years of age so it is advisable to supervise hand washing particularly in nurseries and infant schools.

Food handlers and staff who work with susceptible people i.e. the elderly, children less than five years old or those with learning disabilities or special needs must be symptom free for 48 hours before they return to work and must adhere to strict hygienic practices.

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INFECTIOUS DISEASE CONTROL INFORMATION SHEET NO. 12

LEPTOSPIROSIS (WEIL'S DISEASE)

- Source:** Cattle and rats, dogs, pigs, foxes, mice and possibly cats.
- Spread:** It may be spread from direct or indirect contact with infected animal urine, such as rat urine or, less frequently, from animal bites or swallowing contaminated food or water. Also through cuts and abrasions of the skin.
- Symptoms:** Influenza like illness, fever, intense headache, severe pains in the calf and back muscles, red eyes and prostration. Some cases develop abdominal pains with diarrhoea, vomiting or meningitis.
- Incubation:** 4 to 19 days (usually 10 days)
- Precautions:** Make sure all cuts, grazes and sores are covered with a waterproof dressing and wear protective clothing such as rubber thigh boots and rubber gloves.
- Shower after swimming, windsurfing, water ski-ing, canoeing or falling in.
- Use footwear to avoid cutting your feet.
- Do not handle rats dead or alive without adequate protection for the hands.
- Wash your hands before eating.
- Try not to get water into your eyes and mouth.
- Rodent control in human habitations, especially rural and recreational areas.

Early reporting and treatment of any infection is paramount. Employees should be issued with medical contact cards and told to produce these to their G.P's if they have any of the above symptoms.

Persons who have participated in any water sports, or have been near open water or any rat infested areas and who develop flu like symptoms 3 - 20 days later, should tell their doctor.

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INFECTIOUS DISEASE CONTROL INFORMATION SHEET NO. 13

VIRAL GASTROENTERITIS : ROTAVIRUS

Source: Gastrointestinal tract of man.

Spread: It is usually spread by the faecal-oral route, i.e. hands that have not been washed after using the toilet are contaminated with the virus. This is supported by the fact that rotaviruses can survive on human hands for a number of hours. Person to person spread is very common and children are at particular risk.

Symptoms: Diarrhoea and vomiting.

Incubation: Approximately 48 hours

Precautions: Thorough hand washing and drying are the most important factors in preventing the spread of infection.

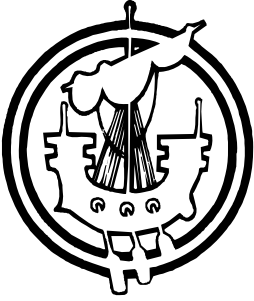
Wash hands after using toilet, before preparing or serving food and before meals.

Hand contact sites such as toilet seats, handles and taps should be regularly disinfected.

Food handlers and staff who work with susceptible people i.e. the elderly, children less than five years old or those with learning disabilities or special needs must be symptom free for 48 hours before they return to work and must adhere to strict hygienic practices.

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INFECTIOUS DISEASE CONTROL INFORMATION SHEET NO. 14

FOR TATTOOISTS & BODY PIERCERS IN RESPECT OF BLOOD-BORNE DISEASE

When performing a procedure such as ear or body piercing, tattooing, acupuncture or electrolysis, the skin is being breached thereby allowing germs in, and blood (possibly containing germs) out.

These Guidelines will give information and advice on organisms that can live in the blood of your client, how they could infect you, and methods of protecting yourself and other clients from the risk of blood-borne infections.

What is blood-borne infection?

This is any infection which is transferred from the bloodstream of one person to the bloodstream of another. Most such infections are caused by viruses of which the most important are listed below.

How is blood-borne infection passed on?

By infected blood coming into contact with

- an open cut or sore on the skin or more rarely by blood in the eye or mouth
- by injury with a sharp object contaminated with infected blood

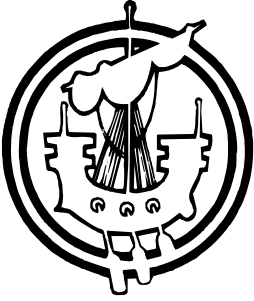
Which germs cause blood-borne infections?

Hepatitis B

This is a virus which causes a high temperature, 'flu like' symptoms, dark urine and jaundice (yellowness) in about a third of those infected. A minority of patients suffer a serious illness and may even die. Most people however, make a complete recovery after about six months. Many others may not be aware they have contracted the infection, but they can still suffer the long term complications which include liver disease, liver failure and cancer.

Hepatitis C

This is a newly discovered virus which usually causes mild or no symptoms on initial infection. However, as with hepatitis B, patients may go on to develop long term liver disease.



HIV

Human immunodeficiency viruses attack the body's defences and render them ineffective against particular diseases and infections. When initially infected, patients occasionally have mild flu-like symptoms but usually remain completely well for many years. Eventually the body's defences become more and more depressed, other infections and symptoms are seen, including weight-loss, fever and night sweats. The disease progresses until the person suffers from the effects of AIDS.

HOW CAN I PREVENT THE RISK OF BLOOD-BORNE INFECTION

You will notice that those with any of the above infections may not show any signs of illness at all, although they can still be infectious for others. In hospitals now it is standard practice to treat blood and articles contaminated with blood from any patients as if it were infectious. Adopting this practice by following the simple rules below will protect you, your staff and your clients.

1. Use good hand hygiene. Wash and dry hands well before and after any procedure where the skin is pierced. Wear gloves for procedures where contact with blood is anticipated.
2. Cover all cuts, grazes and rashes with a waterproof plaster.
3. Use only sterile instruments to pierce the skin. Ideally these should be once only use e.g. ear piercing sets. Otherwise articles should be sterilised by autoclaving.
4. Articles soaked in disinfectant should **never** be considered sterile.
5. Blood spillages should be cleaned using a hypochlorite (bleach) solution 1% which should be kept in contact with the blood for 2 minutes.
6. Personnel should know what action to take if injured with contaminated sharp equipment.
7. Dispose of sharp equipment carefully in a British Standard sharps container.

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INFECTIOUS DISEASE CONTROL INFORMATION SHEET NO. 15

FOR FARMERS AND ON-FARM MILK CONSUMERS

SALMONELLA INFECTION IN ANIMALS AND HUMANS

Salmonellosis is an illness caused by infection with one of the many salmonella bacteria examples include Salmonella typhimurium and Salmonella enteritidis. It is zoonosis which means that infection may be transmitted from animals to humans or from humans to animals. Infection with salmonellas does not always result in disease but, despite appearing healthy, such animals or people can infect others.

Most human salmonella infections are acquired as a result of eating contaminated food. Infection on farm is, however, more commonly acquired by mouth from hands contaminated by infected animals, their bedding or surroundings.

People who are will with salmonellosis often have diarrhoea, vomiting of flu-like illness. Children, pregnant women, the elderly, and occasionally healthy adults may become seriously ill and require hospital treatment.

The simple precautions listed below will go a long way to prevent people associated with livestock from becoming infected with salmonellas.

- DO** observe high standards of personal hygiene: wear rubber boots and protective over garments when working with animals.
- DO** change and launder overalls frequently and disinfect boots to avoid spreading the infection to other animals or people.
- DO** wash your hands using hot water and soap immediately after working with infected animals.
- DO** wash hands before eating, drinking or smoking.
- DO** ensure that anyone with diarrhoea, vomiting or flu-like illness consults their doctor, and informs them that salmonellas have been isolated from livestock.

- DON'T** take or wear dirty clothing and boots into the home.
- DON'T** allow vulnerable people, including children, the elderly and pregnant women to come into contact with infected animals.
- DON'T** drink raw milk or eat undercooked eggs from the herd/flock when salmonellas have been isolated - even healthy animals may excrete salmonellas.
- DON'T** bring infected animals into any room where food is prepared or eaten.
- DON'T** allow pets to come into contact with infected animals.

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