

Control Measures for Residents

- Discontinue new admissions until the outbreak is over. An outbreak is over after enough time has passed without new cases occurring and this depends on the bug. For example, seven days must pass without new cases before an outbreak of norovirus gastroenteritis is over.
- Confine residents with vomiting or diarrhea to their rooms until symptoms have ceased.
- Discontinue group activities until the outbreak is over.
- Do not transfer residents (symptomatic or not) from outbreak-affected to unaffected wards, unless it's medically urgent to do so, until the outbreak is over.
- Ask family members and visitors with vomiting and/or diarrhea to stay home until symptoms have ceased.
- Do not allow children to enter the facility until the outbreak is over.
- Dedicate the use of patient-care equipment to a single resident or among similarly symptomatic residents. If the use of common equipment or items is unavoidable, clean and disinfect the equipment before another resident uses it.
- Consider giving anti-emetics to patients with vomiting.
- Use contact precautions with all incontinent or diapered patients with diarrhea.
- If possible, move residents with vomiting or diarrhea to a private room or a room with a resident with the same symptoms (cohorting).

Control Measures for Staff and Volunteers

- Maintain the same staff to resident assignments.
- Discontinue “floating” staff from the outbreak-affected to unaffected wards.
- Restrict staff and volunteers with vomiting or diarrhea involved in viral gastroenteritis outbreaks until symptoms have ceased. Work restrictions during bacterial gastroenteritis outbreaks depend on the bacterium.
- Exclude non-essential personnel from outbreak-affected wards.
- Wear gloves and masks when entering the rooms of residents with vomiting. Remove gloves and wash hands after contact with an affected resident and before contact with an unaffected resident in the same room. Remove gloves before leaving the room and wash hands immediately.
- Clean up fecal and vomit accidents promptly. Disinfect with 1000 ppm hypochlorite (bleach) — 2 parts 5.25% bleach to 100 parts water (1/3 cup bleach/1 gallon water, freshly made within 24 hrs). Bleach solution should be left in place for 10 minutes to ensure adequate disinfection.
- Increase the frequency of routine ward cleaning, with special attention to frequently handled things like faucets, door handles, hall hand rails, toilet flushers and bath rails.
- In areas that are confined or slightly confined, ensure adequate ventilation to reduce exposure to hypochlorite fumes.