

Advice for outbreaks of gastroenteritis

When many people live closely together, for example at arrival centres and asylum reception centres, outbreaks of vomiting and diarrhoea can spread quickly, and many people may become ill. These outbreaks are usually caused by viruses but can also be caused by bacteria. The symptoms usually pass within a few days. If necessary, seek medical attention.

Everyone must wash their hands often and thoroughly with soap and water to help prevent transmission. Hand washing is more effective than alcohol-based hand disinfection.

To prevent infecting others, people who are ill should:

- wash hands thoroughly after using the toilet, before meals and before preparing food.
- have access to their own toilet where possible
- limit contact with other residents when they have symptoms
- not use a self-service buffet, but get food served or pre-packed
- not prepare food for other residents

