

## When several people in the residence are sick

**There is an outbreak when two or more people are sick in the same residence or sector.**

### **Social activities are suspended**

To avoid spreading germs, all social activities and group meetings at the residence will be cancelled for as long as the outbreak lasts.

### **Visits will be limited as much as possible**

Visits will be limited in order to avoid spreading the illness.

If a visitor is providing care to the resident and the visit cannot be rescheduled, the visitor must take precautions (like the staff) by washing their hands and putting on gloves, gown and mask, in case of contact with vomit.

If the outbreak gets worse, you will be asked to eat your meals in your room, even if you are not sick. If the situation deteriorates, visits may be restricted.

**If you'd like more information, feel free to speak to the residence manager.**

**Handwashing is the most effective way to prevent infections.**

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CISSS de Chaudière-Appalaches, 2017

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## **INFECTION PREVENTION AND CONTROL MEASURES in the event of a GASTROENTERITIS outbreak**

**For people who live in private seniors' residences**



## If you are sick

### Gastroenteritis

Gastroenteritis can have serious consequences for seniors, potentially leading to a significant deterioration in their health condition and a higher risk of hospitalization and complications.

Infections are also spread more easily when several people live together in the same place.



### Inform the staff of your symptoms

Gastroenteritis is usually caused by a virus and comes on suddenly. Symptoms mainly include nausea, vomiting, diarrhea, and abdominal cramps. However, you may have only one of these symptoms.

### Stay in your room while you are contagious

Gastroenteritis is contagious as soon as the symptoms start and for up to two days after they stop, which is why you need to stay in your room and avoid contact with the other residents.

### Wash your hands

It is important to wash your hands:

- after using the bathroom;
- before and after handling food;
- when they are dirty;
- after coughing or sneezing;
- after blowing your nose.

L'hygiène des mains doit être effectuée avec de l'eau et du savon ou avec une solution hydroalcoolique.

### Le personnel et les visiteurs doivent porter l'équipement de protection

Le personnel et les visiteurs, lors des soins, sont en contact avec la personne malade et son environnement. Ils doivent se laver les mains avant et après la visite. Ils doivent porter des gants, une blouse et un masque, si vomissements, pour éviter d'attraper et de transmettre l'infection.

Une affiche sera mise à l'entrée de votre chambre ou appartement pour informer le personnel et les visiteurs de l'équipement à enfiler avant d'entrer. Cet équipement sera disponible à l'extérieur de votre chambre ou appartement. Il doit être retiré avant de quitter la pièce, et changé entre chaque résident.