

Protecting your health in an emergency

Welfare centre resource

Infection control at civil defence centres

1. Infectious diseases can cause challenges in Civil Defence Centres.
2. If you suspect someone has an infectious disease, isolate them (place them in a separate room) and advise Public Health on site. If not on site or it is after hours please call the Health Protection Officer on 06 834 1815.

Look out for:

- Fever
- Lethargy
- Vomiting and / or Diarrhoea
- Rash
- Prolonged cough



Fever



Lethargy



**Vomiting and/or
diarrhoea**



Rash



Prolonged cough

3. Infectious disease can spread quickly after an emergency, especially in crowded conditions. Early identification and intervention is critical to prevent outbreaks.
Advise public health of all cases on suspicion as soon as possible (see above).
4. Remember to wash / dry or sanitise your hands often.

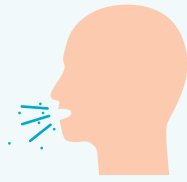
Keep your family safe

Keep bugs away

Please let Welfare Centre staff know if you have:



Vomiting and/or
diarrhoea



Prolonged cough



Fever or chills



Rash

Or if you have been in contact with another ill person

OUR HEALTH TIP:

SAFE HAND WASHING

If you get sick, don't spread it!



1

WET



2

SOAP



3

WASH



4

RINSE

5

DRY

Always wash and dry your hands and / or use hand sanitiser

- After using the toilet
- After changing a baby's nappies
- Before eating
- After cleaning

COVER YOUR COUGH

Advice for civil defence centres

How to minimise the spread of diarrhoea /vomiting bugs

PREVENTION

Volunteers

Before accepting help from volunteers, first ask whether they have suffered diarrhoea or vomiting in the last 48 hours. If they have, they should not work in the centre until clear of symptoms for 48 hours.

Hand washing

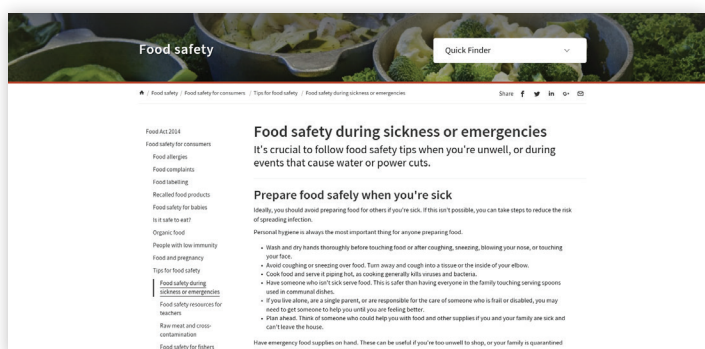
- Emphasise the importance of hand washing and the use of hand sanitisers
- PublicHealth recommends hand sanitisers be provided at the entrance to the centre, in bathrooms and on entry to food areas
- Ensure hand drying options are available
- Place hand washing signs in toilets and communal areas
- Ensure that hands are washed before food preparation, after cleaning, changing nappies, handling rubbish, handling soiled clothing or bed linen.

Disinfectant

Disinfectant solution should be made up in a spray bottle daily. Follow instructions provided.

Food and water

- Prepare food for immediate use and avoid leftovers.
- Avoid cross contamination by ensuring there is no contact between raw and ready-to-eat foods.
- Ensure the water is safe to use.
- Avoid self-service of food by centre residents unless food is pre-packaged.
- All food contact surfaces are sanitised.
- For further advice around food safety refer to Ministry for Primary Industries.



Resouce: New Zealand Food Safety Food safety during sickness or emergencies

<https://www.mpi.govt.nz/food-safety/food-safety-for-consumers/tips-for-food-safety/food-safety-during-sickness-or-emergencies/>

RESPONSE

- People suffering from diarrhoea or vomiting should be isolated from other people in a separate area or location in the building.
 - Separate toilet, port-a-loo and hand washing facilities should be provided for these people where possible.
 - Regular cleaning with disinfectant is required:
 - Where possible – use gloves, mask and disposable cleaning equipment.
 - Use household cleaners to remove initial contamination, followed by disinfectant.
 - Use disinfectant bleach at concentration (0.5% hypochlorite solution).
 - Ensure common surface likely to have hand contact, such as– walls, door handles, toilets, hand basins are thoroughly and regularly cleaned.
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Cleaning advice for civil defence centres

General

- A high level of hygiene should be maintained throughout the centre at all times to prevent the spread of communicable diseases.
- Ensure centre has ample supply of cleaning equipment and cleaning, disinfecting products.
- Develop a cleaning schedule and cleaning guidelines for staff and volunteers.
- Consider the need for separate waste receptacles for different types of waste (medical waste, nappies, food, general waste etc).
- Rubbish bins should be outside the buildings.

Cleaning process

Cleaning is a two-step process and involves cleaning and then disinfecting:

- Clean first before disinfecting, to allow disinfectants to work. Soaps, detergents, scorers (such as “Jif”, “Ajax”, “Spray’n’Wipe”) and hot water help with cleaning, but do not disinfect. Scrubbing is also effective.
- Disinfect: household bleaches (e.g. “Janola”, “White Magic” etc) are sold in different strengths (usually 2%-5% hypochlorite) that are written on the label.
- Dilute the bleach with water to make a **0.5% hypochlorite** solution (see instructions attached).
- **Saturate** the area to be disinfected with the hypochlorite solution.
- **Leave** the solution on the area **for as long as possible**, preferably 30 minutes.
- **Wash off** the solution thoroughly with copious amounts of water, so that children and staff are not exposed to residual bleach solution (use a hose if outside).

Cleaning schedule

Cleaning schedules are a means of ensuring cleaning and disinfecting is done as often as necessary. The areas that the schedules must specifically include are:

- kitchen
- laundry
- nappy changing area and surface
- toilet areas
- toys and play equipment.

A good cleaning schedule clearly identifies:

- a responsible person (who initials when tasks are completed)
- utensils/equipment/areas that should be cleaned
- a method of cleaning, including cleaning and disinfecting agents
- frequency of cleaning
- personal safety advice around chemical use.

Making a 0.5% Bleach solution

Bleach containing 4% hypochlorite

Most bleach available at supermarkets contains about 4% hypochlorite.

1. Diluted disinfectant solution must be made up fresh each day, or it may not work. Check that the bleach is not past its use-by date.
2. A (500ml) container should be labelled "0.5% bleach solution" and "keep out of reach of children". Check the label has not faded or come off, and that the container is not damaged or perished.
3. Wear gloves when handling bleach, particularly undiluted bleach. Bleach may irritate the nose, lungs and skin, or damage clothing. Never mix chemicals, as toxic gases can be produced.
4. Fill the container with 50ml of bleach using a measuring cup to measure the bleach first (consider marking the container with permanent marker for next time).
5. Add 350ml of water (measured with a measuring cup), or up to the 400ml mark if the container has one. (consider marking the container at the 400ml mark).
6. Put the cap tightly on the container and mix gently and carefully.
7. Bleach solution must be kept out of reach of children. Undiluted bleach must be stored in a childproof area (for example inside a locked cupboard) and away from light and heat (which can reduce its effectiveness).
8. The end of the day, discard all remaining bleach solution.

Bleach containing other concentrations of hypochlorite

Follow the above instructions, but alter the quantities of bleach and water according to the following table:

Strength of bleach % hypochlorite	g/l hypochlorite	Quantity of bleach	Quantity of water	Total volume of diluted solution
0.5%*	0.5g/l	Use undiluted	Nil	Use undiluted
2%	2g/l	100 ml	300 ml	400 ml
3%	3g/l	50 ml	250 ml	300 ml
4%	4g/l	50 ml	350 ml (as above)	400 ml (as above)
5%	5g/l	50 ml	450 ml	500 ml

* Recently 0.5% hypochlorite solution has become available for use undiluted (straight from the bottle). Check for a manufacturer's assurance that the concentration will not vary significant or reduce over time to less than 0.5%.

OUR HEALTH TIP: **SAFE HAND WASHING**

If you get sick, don't spread it!



- 1 WET**
- 2 SOAP**
- 3 WASH**
- 4 RINSE**
- 5 DRY**



For more information

www.ourhealthhb.nz