

# Food and Waterborne Illness- How to respond to a case in a childcare centre

Disease	Time Between Exposure & Sickness	How is the Disease Spread?	Symptoms	Avoiding Infecting Others	Close Contacts - What to do if not ill
Campylobacteriosis	1 - 10 days	Undercooked meats, especially poultry. Hands which have touched dirty bottoms and then food or mouth.	Diarrhoea, stomach pains, fever, nausea and vomiting.	Stay at home until 24 hours after diarrhoea and other symptoms stopped. Careful hygiene. No food preparation until 48 hours after symptoms stop.	Do not need to stay at home. Careful hygiene.
Viral Gastroenteritis (Rotavirus, Norwalk-like virus)	10 - 72 hours	Hands which have touched dirty bottoms and then food or mouth. Close contact with another case. Contaminated raw shellfish.	Loose bowel motions, vomiting and stomach pains.	Stay at home until 24 hours after diarrhoea and other symptoms stopped. Careful hygiene. No food preparation until 48 hours after symptoms stop.	Do not need to stay at home. Careful hygiene.
Giardiasis	3 - 25+ days	Hands which have touched dirty bottoms or animals and then food or mouth. Drinking untreated water. Eating contaminated food.	Explosive diarrhoea, stomach cramps, weight loss and tiredness.	Stay at home until 24 hours after diarrhoea and other symptoms stopped. Careful hygiene. No food preparation until 48 hours after symptoms stop. Childcare workers need a clear bowel motion specimen after treatment before returning to work.	Do not need to stay at home. Careful hygiene.
Cryptosporidiosis	1 - 12 days	Hands which have touched dirty bottoms or animals and then food or mouth. Drinking untreated water. Using spas and swimming pools.	Persistent diarrhoea, stomach pains and nausea.	Stay at home until 24 hours after diarrhoea and other symptoms stopped. Careful hygiene. No food preparation until 48 hours after symptoms stop.	Do not need to stay at home. Careful hygiene.
Hepatitis A	15 - 50 days	Eating contaminated food. Hands which have touched dirty bottoms or animals and then food or mouth.	Generally a mild illness in children. Otherwise lethargy, fever, nausea, loss of appetite and yellowing of skin and eyes. May last weeks.	Stay at home until 7 days after jaundice started. Careful hygiene. No food preparation until seven days after onset of jaundice.	Do not need to stay at home. Careful hygiene. Preventive immunisation available from doctor.
Salmonellosis	6 - 72 hours	Eating contaminated food. Hands which have touched dirty bottoms or animals and then food or mouth. Drinking or swimming in contaminated water.	Stomach pain, diarrhoea, and fever, usually within 1-3 days.	Stay at home until 24 hours after diarrhoea and other symptoms stopped. Careful hygiene. No food preparation. Childcare workers and food handlers need two clear bowel motion specimens after diarrhoea stopped before returning to work.	Do not need to stay at home. Careful hygiene. Care with food handling.

Careful hygiene means clean hands that have been washed for at least 10 seconds with soap and dried for at least 10 seconds on a clean, dry towel.

Further advice is available via the Duty Health Protection Officer, Environmental Programme, ph: (09) 262 1855.