



# Infection Prevention & Control News

Issue 3

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## Merry Christmas from the IPCT!!!

**Welcome to the third and special Christmas edition of the Infection Prevention and Control Team (IPCT) news bulletin, we hope it doesn't get a *frosty reception*!!!**

**We would really like to take this opportunity to thank everyone for supporting the team and the work we do helping to make care safe and person centred though out the year, its most appreciated.**

**In this edition, we have some seasonal reminders of how to keep safe over Christmas, so be sure to read on and enjoy our festive news bulletin, *Yule* be sorry if you don't!**

**We are *berry* excited to celebrate the *holly*-day season with you all and wish everyone a very merry Christmas and peaceful New Year!!!**

**We ho ho hope you enjoy!!**

**As always, please send any submissions or feedback to Pamela Joannidis / Kerry Carr and look out for the next issue in 2018!!**



# Bug Byte: Norovirus

*It's the most wonderful time of the year  
.....unless you're ill!*

With holidays fast approaching, no-one likes to think that an illness could still ruin your time off.

Norovirus, or the Winter Vomiting bug, is most common during the winter months but can actually strike at any time of the year.

Symptoms of this gastro-intestinal infection include nausea, vomiting and diarrhoea, lasting in some cases for 2-3 days.

Norovirus is very infectious and can be spread through contact with surfaces and objects contaminated by vomit or faeces.

For most people, a full recovery occurs but some people, e.g. the elderly and young children may become dehydrated and require treatment.

It is important to reduce the risk of Norovirus spreading by taking precautions to prevent it. Most importantly, washing your hands thoroughly with soap and water for 15-30 seconds will help minimise the risk of transfer. Use of Alcohol Based Hand Rubs (ABHR) may not destroy the virus.

Hand washing should be done when caring for someone who is ill, cleaning the environment, using the toilet and preparing food.

Visitors to hospital with symptoms should be discouraged from visiting until 48 hours after symptoms have stopped. This is because they can still be infectious in that time period.

As Norovirus spreads rapidly in areas with lots of people, schools and hospitals at this time of year will be at risk from outbreaks.

So, don't be a turkey this Christmas, practice good hand hygiene and stop the spread of infection!

*For further info;*

<http://www.healthscotland.com/resources/campaigns/norovirus.aspx>

<http://www.nhsqc.org.uk/your-health/infection-prevention-and-control/norovirus/>

Stefan Morton, Hand Hygiene Co-ordinator

# IPC Wordsearch



D	C	F	N	U	E	I	S	B	V	I	S	J	E	C	W	G	N	S	L	S	A	E
A	X	A	Q	O	G	L	A	U	N	I	A	Y	Z	E	D	A	O	E	A	R	O	W
B	S	D	T	I	I	C	B	F	O	E	R	N	Q	E	W	S	I	I	I	X	E	T
X	F	U	R	H	T	T	E	I	C	N	O	U	C	A	R	T	S	C	M	B	C	S
S	E	B	R	E	E	C	A	N	T	I	E	O	S	E	O	R	S	I	O	L	P	K
T	V	N	R	V	T	T	E	Z	T	P	N	G	S	W	L	O	I	L	C	A	L	O
L	O	I	D	I	E	L	E	C	I	T	E	P	O	A	T	E	M	O	O	N	B	D
Z	A	R	O	O	A	I	E	R	A	L	I	C	S	X	T	N	S	P	S	T	V	E
T	C	N	G	V	G	F	L	M	I	R	I	N	S	N	E	T	N	V	O	I	S	U
P	I	J	E	A	N	E	I	L	A	Z	E	R	E	U	T	E	A	E	N	B	X	V
C	X	R	W	I	N	N	T	A	M	A	I	E	E	S	R	R	N	S	I	N	T	
N	P	G	S	Z	A	I	O	O	M	N	T	T	C	T	H	I	T	T	N	O	A	E
Z	R	I	L	T	V	R	S	O	U	A	C	B	I	V	S	T	O	I	E	T	Z	G
Y	D	C	I	N	Y	V	C	M	P	S	W	E	V	O	V	I	U	L	G	I	Q	I
Q	Q	O	G	N	I	H	S	A	W	D	N	A	H	O	N	S	T	A	O	C	L	P
R	N	O	I	T	A	R	E	P	O	C	O	H	O	R	T	U	B	T	H	J	F	S
D	R	A	L	U	C	S	A	V	A	R	T	N	I	K	P	A	R	I	T	U	B	C
Y	C	O	L	O	N	I	Z	A	T	I	O	N	U	L	O	H	E	O	A	J	V	P
B	I	S	O	L	A	T	I	O	N	E	K	W	P	U	X	M	A	N	P	O	E	J
C	P	X	S	X	P	R	O	C	E	D	U	R	E	S	O	F	K	U	Z	L	V	Y



Antibiotic  
Exogenous  
Outbreak  
Susceptible  
Colonization  
Intravascular  
Prevalence  
Catheterization  
Hand washing  
Patient  
Ventilation

Cohort  
Infection  
Policies  
Virus  
Disinfection  
Operation  
Sterilization  
Commensal  
Isolation  
Procedures

Decontamination  
Nosocomial  
Respiratory  
Bacteria  
Gastroenteritis  
Pathogens  
Transmission  
Endogenous  
Organism  
Surveillance

# The 12 Kitchen Hygiene tips of christmas!!

We hope you'll forgive the somewhat laboured pun and enjoy our 12 tips to help keep you and your family healthy this Christmas, after all one present we could all do without this year is food poisoning!:



1. Firstly be careful not to overfill your fridge as this can raise the temperature!!
2. Next be sure to store any raw meats or poultry at the bottom of your fridge, this ensures that any drips won't land on other food like cooked meats, desserts, veg and other ready to eat snacks.
3. **Always wash hands before food prep!**
4. **Do not** wash your turkey/poultry before cooking it!! Harmful bacteria could splash onto work surfaces, dishes and other foods nearby plus it's totally unnecessary as cooking the bird will kill any bacteria present.
5. **Do not** use the same chopping boards or utensils with raw meat and other ready to eat or fresh foods.
6. Wash all chopping boards and utensils that have been used with raw meat after use.
7. Make sure to wash your hands straight after handling raw meat or poultry as touching door handles, utensils, work surfaces etc with contaminated hands will spread bacteria!!
8. It's also important to ensure your cloths and dish towels are clean too. Using a contaminated cloths or tea towel to wipe work surfaces will only spread bacteria all around your kitchen!
9. Ensure that any frozen meats or poultry are thoroughly thawed before cooking; defrosting times will vary depending on the type of meat and the quantity/weight.
10. Store all defrosted meats or poultry in the fridge.
11. When cooking your turkey or other poultry, it's essential that it's cooked all the way through before serving. There are two ways to check this: either use a food thermometer inserted into the centre of the bird or pierce the thigh and observe the juices that run from it, clear juices should indicate the bird is cooked.
12. Finally, allow any leftovers to cool completely and then store in the fridge.

For more tips and in depth advice on Christmas food safety, visit the Food Standards Agency website:  
<https://www.food.gov.uk/science/microbiology/lets-talk-turkey>

# IPC QUIZ!



Right, let's find out who's going to be on the naughty or nice list, test your knowledge with the IPC quiz below!!



Hands should be washed before and after putting on gloves. (True/False)

You do not need to wash hands after blowing or wiping your nose since viruses are airborne. (True/False)

Hands should always be washed with antiseptic soap in a hospital. (True/False)

Wearing gloves eliminates the need to wash hands. (True/False)

Hand washing is the most effective method to prevent the spread of infection (True/False)

Most sharps injuries are as a result of carelessness in handling or in disposal. (True/False)

Adherence to standard infection control precautions at all times will help prevent cross infection. (True/False)

Infection Control is only the responsibility of the Infection Control Team. (True/False)

Aprons are to protect staff uniforms and can be worn throughout a shift. (True/False)

All patient equipment can be cleaned and used again (True/False)

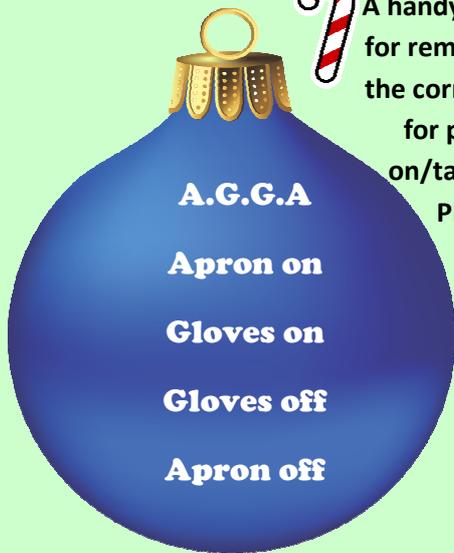
Answers (no peeking till you're finished!!):

- |         |          |          |          |
|---------|----------|----------|----------|
| 1. True | 2. False | 3. False | 4. False |
| 6. True | 7. True  | 8. False | 9. False |

# Christmas Fun!!!



A handy acronym for remembering the correct order for putting on/taking off PPE!!



**A.G.G.A**

**Apron on**

**Gloves on**

**Gloves off**

**Apron off**



Another quick acronym for keeping norovirus season in mind!!



**S.N.O.W**

**Stop**

**Norovirus**

**Over**

**Winter**



Did you hear the joke about the germ....never mind I don't want to spread it about....

**What's the difference between bird flu and swine flu?**

**If you have bird flu, you need tweetment, if you have swine flu, you need oink-ment!!**

What do you call a germ that just wants to have fun?

A fun-gi !



# Useful IPC Links



- ✓ [NHS GG&C Infection Prevention and Control Web Site \(link is available on all desktops\)](#)
- ✓ [Infection Prevention and Control Team Contact Details](#)
- ✓ [National Infection Prevention and Control Manual](#)

# Seasonal IPC Links

Remember to look on [the Influenza Information Hub](#) for everything you will need for your Influenza patient from IPC including

- IPC SOP
- Care Checklist
- Patient Information leaflet
- Influenza Aide memoire

Remember to look on the [Loose Stools Information Hub](#) for everything you will need for your patient with loose stools/possible viral gastroenteritis from IPC including

- IPC SOP
- Care Checklist
- Loose stools Aide Memoire
- NHS GGC Bowel movement Record (Bristol Stool Chart)