

# Gastroenteritis Outbreak Control Measures for Childcare Centres

## Suspect outbreak

### If an outbreak is suspected, notify

Huron Perth  
Public Health at  
1-888-221-2133 ext 3284  
or [idteam@hp-ph.ca](mailto:idteam@hp-ph.ca)

**After hours, call**  
1-800-431-2054

|   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
|---|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1 | Facility name _____                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
|   | Outbreak number (5183-202X-XXXXX) _____                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
|   | <b>Case Definition</b><br>A case is defined as a child or staff who has been in the facility within the last 24 hours and is experiencing: <ul style="list-style-type: none"> <li>• Two or more episodes of unformed or watery stool within a 24-hour period <b>OR</b></li> <li>• Two or more episodes of vomiting within a 24-hour period <b>OR</b></li> <li>• One episode of unformed or watery stool and one episode of vomiting within a 24-hour period <b>OR</b></li> <li>• At least one symptom compatible with enteric infection (nausea, vomiting, diarrhea, abdominal pain or tenderness) AND lab confirmation of a known gastrointestinal pathogen.</li> </ul> |
|   | <b>Gastroenteritis Outbreak Definition</b><br>Two or more cases meeting the case definition with a common epidemiological link (e.g., same room or same caregiver) with initial onset within a 48-hour period. Symptoms must meet the case definition above and not be attributed to another cause (e.g., medication side effects, diet or prior medical condition).                                                                                                                                                                                                                                                                                                     |

## Surveillance

|   |                                                                                                                                        |
|---|----------------------------------------------------------------------------------------------------------------------------------------|
| 2 | Email line listing with updates of children and/or staff, as required to <a href="mailto:idteam@hp-ph.ca">idteam@hp-ph.ca</a><br>Notes |
|---|----------------------------------------------------------------------------------------------------------------------------------------|

## Signage

|   |                                                                                                                                                                                                                                                                                                                              |
|---|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 3 | <ul style="list-style-type: none"> <li>• Post at all entrances to the facility signage that states:<br/>Gastrointestinal Outbreak, signs and symptoms: vomiting and diarrhea.</li> <li>• Post sign on classroom doors where cases have been identified and update as needed, (i.e., two cases of diarrhea).</li> </ul> Notes |
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## Personal protection

|   |                                                                                                                                                                                                                                                                                                                                       |
|---|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 4 | <b>Hand hygiene</b> <ul style="list-style-type: none"> <li>• Reinforce hand hygiene with soap and water when visibly soiled. Use alcohol-based hand rub (ABHR) 70-90%, when hands are not visibly soiled. Check expiry dates. Post hand hygiene signs. Ensure adequate supply of ABHR.</li> </ul>                                     |
|   | <b>Gloving</b> <ul style="list-style-type: none"> <li>• Don gloves for direct childcare such as changing diapers, and for cleaning the environment when feces and/or vomit present. Discard gloves immediately after use and perform hand hygiene.</li> <li>• Ensure adequate supply of gloves and check expiry date</li> </ul> Notes |

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|                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
|------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Children               | <p>5</p> <ul style="list-style-type: none"> <li>Place any symptomatic child in a separate location, until parent/guardian can pick up child and take home. If child does not meet case definition in section 1, they can return to centre.</li> <li>If more than one child is symptomatic they can be placed in same room/location until parent/guardian can pick up their child.</li> <li>Exclude all ill children that meet case definition from centre until symptom-free for 48 hours. Confirm with parent/guardian date and time of last symptom.</li> </ul> <p>Notes</p>                                                               |
| Staff/volunteers       | <p>6</p> <ul style="list-style-type: none"> <li>Do not enter childcare centre if symptomatic.</li> <li>Advise staff to report symptoms to the childcare centre supervisor.</li> <li>Exclude ill staff/volunteers until symptom-free for 48 hours.</li> <li>Thoroughly clean and disinfect the kitchen area and staff washroom.</li> <li>Avoid working/volunteering at other facilities especially childcare, nursing home, hospital or food premises.</li> </ul> <p>Notes</p>                                                                                                                                                                |
| Activity restrictions  | <p>7</p> <p>Stop until the outbreak is over:</p> <ul style="list-style-type: none"> <li>Sensory table activities.</li> <li>Water play activities.</li> <li>Grouping children from different rooms/programs at beginning and end of day.</li> <li>Staff changing/floating in different rooms or programs.</li> <li>Field trips and external entertainers/activities coming into the facility.</li> </ul> <p>Notes</p>                                                                                                                                                                                                                         |
| Environmental controls | <p>8</p> <p>Cleaning and disinfection</p> <ul style="list-style-type: none"> <li>Increase cleaning of high touch surfaces (e.g., door knobs/handles, light switches, table tops, diaper change areas/washrooms).</li> <li>Follow manufacturer's instructions, check concentration and contact time and confirm with HPPH an appropriate disinfectant is being used.</li> </ul> <p>Name of disinfectant _____</p> <p>Toy cleaning and disinfecting</p> <ul style="list-style-type: none"> <li>Increase cleaning and disinfecting of toys or other objects used by children during the outbreak, including mouth toys.</li> </ul> <p>Notes</p> |

# Gastroenteritis Outbreak Control Measures for Childcare Centres

## Kitchen

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- Closely monitor kitchen staff and exclude them from the childcare centre at the first sign of any symptoms.
- Discard any food prepared by symptomatic staff.
- Ensure disinfectant used during the outbreak is effective against common outbreak pathogens (e.g., Norovirus).
- If effective, also ensure it is approved for use in food premise and/or on food contact surfaces. Check manufacturer's instructions for use (MIFU) and contact time.
- Advise kitchen to switch to bleach as sanitizer if disinfectant currently in use is not effective against common outbreak pathogens:
  - 100ppm for 45 seconds for utensils.
  - 1000ppm (min) to 5000ppm (max)
- See [Chlorine Dilution Calculator](#) | Public Health Ontario
- Any changes in menu or new supplier? ☐ Yes ☐ No Send copy of menu for last 2 weeks.
- Any equipment failures (power, refrigeration, dishwasher, etc.)? ☐ Yes ☐ No
- Any special events or celebrations where food was served other than menu items (including food from another source or families)? ☐ Yes ☐ No

Notes

## Pets

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- Any pets on site? ☐ Yes ☐ No If yes, type of animal \_\_\_\_\_
- Number of pets \_\_\_\_\_ Location \_\_\_\_\_
- Who is responsible for their care/feeding/cleaning? \_\_\_\_\_
- Are pets kept in cages or do they roam freely? \_\_\_\_\_
- Any pets visit on site recently? ☐ Yes ☐ No If yes, type of animal \_\_\_\_\_
- Who handled the pet? \_\_\_\_\_
- Is there a procedure in place to clean up animal waste? ☐ Yes ☐ No

Notes

## Declaring outbreak over

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### Outbreak Resolution Criteria

The end of an outbreak is determined on a case-by-case basis. The specific period will be decided by the health unit in consultation with the childcare centre and is based on the transmission risk. The specific period varies by pathogen:

- If Norovirus is suspected, the outbreak can be declared over after five days with no new cases (one infectious period plus one incubation period).
- If Norovirus is not suspected, no confirmed pathogen was found from testing and all appropriate precautions were taken, the outbreak can be declared over 48 hours after the symptoms of the last case have resolved.

# Gastroenteritis Outbreak Control Measures for Childcare Centres

Notes

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Reviewed control measures

☐ Reviewed with outbreak management team

13 PHN/PHI, sign and date here (Required)

X

Position at HPPH ☐ PHN ☐ PHI

Date (yyyy/mm/dd) \_\_\_\_\_