Cleaning & Outbreak Guidelines

Early Childhood Education Services





Public Health Services

The Public Health Service is a service entity of the Southern District Health Board which serves a population of 304,000 people living south of the Waitaki River. It is one of twelve Public Health Units in New Zealand.

Public health services are provided to populations rather than individuals and are considered a "public good". Services fall into two broad categories - health protection and health promotion and aim to create or advocate for healthy social, physical and cultural environments. The goal of Public Health Services is to prevent disease, minimise health risks and maximise health for the population of the Southern district.

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These guidelines aim to assist staff in Early Childhood Education Services to reduce the spread of communicable diseases by providing simple easy to follow tips and answers to frequently asked questions.

The guidelines, templates, and links to useful resources can be found at http://www.southerndhb.govt.nz/pages/earlychildhood/

For information to guide development of policy and procedure refer to the Ministry of Education **Ngā Kupu Oranga: Healthy Messages** on www.education.govt.nz.

If you have any questions: contact your Public Health Nurse or your local Health Protection Officers.

If you want to report an outbreak: contact your local Health Protection Officer.



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Cleaning and sanitising

The first step to good cleaning is to develop a cleaning schedule.

In a normal day to day situation, follow your cleaning schedule. Increase the frequency of cleaning in an outbreak.

To be effective you must *clean* first then *sanitise*.

Cleaning

removes physical dirt, dust and grime using hot water and detergent



Sanitising

kills most bugs using a sanitiser or disinfectant such as bleach

Cleaning schedules

A schedule or roster is a way of ensuring cleaning and sanitising is done regularly. Cleaning and sanitising helps prevent illness and discourage pests that may carry harmful bacteria and viruses. Schedules should be developed within a centre even if an outside cleaning agency is used.

Cleaning schedules are important

Making a list of each task, its frequency, the cleaning materials to be used, and who is responsible means there are clear expectations of everyone involved.

Areas that the schedule must include are:

- Kitchen
- Laundry
- Nappy changing areas
- Toilets
- Toys and play equipment

A cleaning schedule should clearly identify:

- Who is responsible for each task (who initials or signs when tasks are completed)
- What things need to be cleaned
- How to clean each area or item, including what cleaning and disinfecting products to use
- How often to clean each thing

Examples and templates of cleaning schedules are included at the back of these guidelines.



Developing a cleaning schedule

It may help to walk through your centre:

Make a list of things that need to be cleaned

High risk areas

- Toilets/nappy changing areas
- Hand basins
- Food surfaces, preparation areas and equipment used for food preparation
- Sick bay
- Anywhere that is visibly contaminated by vomit or faecal matter

Frequently touched items

- Rubbish bins, broom and mop handles
- Door handles, taps, switches and controls
- Telephones, computer keyboards

Other cleaning

- Floors, walls
- · Rubbish bins, waste areas, drains
- Toys, play equipment, admin areas, staff areas

Describe how to clean the things on the list

Include details on how to clean:

- How often to clean
- What chemicals to use
- What equipment to use

Get specialist advice on cleaning products

Contact your cleaning supplier for advice on the type of products to use in your facility and to get copies of the Material Safety Data Sheets (MSDS). The MSDS tell you how to use the products and the things to avoid such as not mixing acid and chlorine based chemicals.

The company might offer a training session for your staff on safe and correct use of the chemicals.

Display a copy of the cleaning schedule on the wall

- Train staff on the cleaning schedule, so they know what they have to do, and when
- Supervise cleaning

Check cleaning is being done properly and review the schedule regularly



Developing a cleaning schedule

Things to take into account when putting together a cleaning schedule.

Nappy changing area

- Wash hands before and after changing nappies
- Use a fresh paper towel or changing sheet on changing pad and then use to wrap nappy
- Clean changing pad with hot soapy water, sanitise with a 0.1% bleach solution, and allow to air dry
- Clean and empty disposal bins regularly and keep out of reach of children

Toys and play equipment

- Clean hard toys in hot soapy water then sanitise by submerging in a bucket or sink of 0.1% bleach for 30 minutes or sanitise in dishwasher then rinse and air dry
- Soft toys and dress up clothes should be machine washable, avoid those that are not
- Books can be wiped with hot soapy water, discard if soiled
- Play dough should be changed daily. Salt will not kill bacteria in dirty dough. Keep in fridge if making in advance. Wash hands and cover cuts before use
- Comfort toys that children sleep with should not be shared

Sand pit

There is no effective means of disinfecting sand (using bleach or salt is ineffective).

- Remove contaminated sand and expose the remainder to sunlight
- Completely replace sand each term or if discoloured or smelly
- Rake at least daily to remove debris
- Rinse weekly using a hose
- Keep the sand pit covered when not in use. The cover should stop water or animals getting in

Linens

- Wash different types of laundry separately (e.g. kitchen and bed linen)
- All washing must be done in hot water (60°C) with an adequate amount of laundry detergent

Paddling pool

Stop using if there is a stomach bug in the centre. A sprinkler can be used as an alternative



Sanitising

To be effective you must *clean* first then *sanitise*.

Bleach

A solution of bleach and water is a simple, cheap and effective disinfectant.

It is not necessary to use bleach all of the time, but it is recommended if you are dealing with an outbreak or incident of vomiting or diarrhoea.

For the solution to be effective:

- Clean first. Make sure there is no dirt, dust or grime
- Make sure the solution is at least 0.1% concentration
- Leave on for at least 30 minutes to kill the bugs
- Mix a fresh solution daily make this one of the first jobs of the day

The recommended strength of bleach for use as a disinfectant is **0.1%**. **S**upermarket bleach usually has a concentration of 4%. Follow the table to mix a 1 litre solution of 0.1% bleach:

Original strength of bleach (% sodium hypochlorite)	Bleach (ml)		Water (ml)		Total (ml)
1%	100	+	900	=	1000
2%	50	+	950	=	1000
3%	33	+	967	=	1000
4%	25	+	975	=	1000
5%	20	+	980	=	1000

Why use bleach?

Bleach is cheap and effective. It kills Norovirus, which is resistant to most common disinfectants. If you choose to use a different product, make sure it is effective against Norovirus. Always follow the instructions on the label.



Storing bleach

It is a good idea to mix and keep bleach solution in spray bottles. Spray bottles are cheap and can be easily marked with the correct amount of bleach to make refilling easier. Fill to the mark and top up with water.



- 1. Put on gloves
- 2. Pour bleach into bottle using funnel
- **3.** Mark the level the bleach reaches with permanent marker
- 4. Top up using cold water



- Store away from heat, light and children
- Make a fresh solution every day to be effective

Cleaning equipment

Includes mops, buckets, spray bottle of bleach, cloths, paper towels and plastic bags.

Remember to clean equipment after use e.g. soak mops and reusable cloths in 0.1% bleach solution for 30 minutes minimum and then hot wash. This stops bugs growing and being spread around.

Safety Tips

- Never mix chemicals it can produce toxic gas
- Bleach can irritate the nose, lungs and skin
- Check the expiry date on the bottle
- Wear rubber gloves if handling undiluted bleach refrain from touching face and wash hands thoroughly after use
- Store labelled detergents and disinfectants away from children and food
- Paper towels or disposable cloths are preferable



Vomiting/diarrhoea incidents

Safety of staff and children is a priority. This guide will help reduce the risk of infection:

- Isolate the area
- Wash hands and put on Personal Protective Equipment (PPE)
- Collect spill kit
- Clean the child and remove from the area
- Put soiled clothing in plastic bag and double bag in a second bag, tie tightly
- Use air freshener to mask smells and help airborne bugs fall to the floor where they can be removed during cleaning and sanitising
- Open windows and doors to create air flow out of the building
- Use paper towels to wipe spills and clean soiled surfaces. Discard into a plastic bag and then into a lined covered rubbish bin
- Clean the area using detergent and hot water
- Sanitise with a 0.1% bleach solution or where this is not appropriate steam clean e.g. carpet and soft furnishings
- Restrict access to the contaminated area for at least 30 minutes
- Rinse mop with bleach solution and allow to air dry before using again
- Carefully remove and discard PPE in a plastic bag and then into a lined covered bin
- Wash and dry hands thoroughly, even after wearing gloves



Take care with soiled clothing:

- Practice good hand hygiene
- Ensure parents are advised to take appropriate care with clothing
- Use a hot wash



Spill kit

A spill kit is used when there has been a spill of body fluids, such as vomiting/diarrhoea.

It is cheap to assemble and should be kept ready to use.

Examples of what you need:







Personal Protective Equipment

- Includes masks, gloves, and aprons
- Use when cleaning vomiting and diarrhoea incidents
- Remember PPE should be disposable and single use only
- Gloves are not an alternative to good hand hygiene
- Think of how often you have managed vomiting and diarrhoea incidents in the last two years as a guide to the volumes of equipment you need to have on hand

How to put on

Wash hands thoroughly before use and put on in the following order:



Apron





Gloves

- Fully cover torso from neck to knees
- Fasten behind waist and neck
- Loop over ears
- Pinch metal band to nose
- Adjust so snug under chin
- Extend to cover wrists and sleeves

How to take off

Remove in the following order:



Gloves



Apron



Mask

- Pinch cuff of one glove with opposite hand and peel off turning inside out as you go
- Hold the removed glove in gloved hand
- Remove the next glove by slipping finger of bare hand inside cuff of glove and pulling off turning inside out as you go

Rip neck and waist ties

- Hold away from body, roll into bundle

Grasp loops and remove over ears carefully

Place everything in plastic bag then tie and dispose into rubbish bin

Wash and dry hands thoroughly



Managing outbreaks

An outbreak is an increase in the normal incidence of disease. You know what is normal for your centre. The most important thing you can do is **recognise** an outbreak and **take action**.

Follow your infection control policy

Record keep a log of sick people (symptoms and when they start and stop)

Control movement of staff/children/parents and caregivers

Isolate sick children in a separate area and arrange for them to leave the centre. Choose a staff

member to care for sick children

Exclude sick staff / children until free of all symptoms for 48 hours

Limit movement between separate areas at the centre e.g. babies/under twos/over twos

excursions from the centre visitors to the centre

Hand Hygiene

20/20 rule wash for 20 seconds using soap and dry for 20 seconds

Increase cleaning

Reduce the number of toys available to make daily cleaning easier

Remove hard to clean toys such as soft toys

Spill kit keep stocked and ready to use

PPE wear protective clothing when cleaning up vomiting and diarrhoea incidents

Clean clean and sanitise high touch areas using a 0.1% bleach solution more often e.g. door/toilet

handles toilet seats, taps, surfaces and communal areas

Advise centre cleaners to be careful and thorough

Communicate with parents/caregivers

Notices on doors, sign-in registers, newsletters

Advise parents/caregivers to keep children away until free of all symptoms for 48 hours

Seek assistance from Public Health

Discuss your concerns with Health Protection Officers or your Public Health Nurse when you are first aware of the possibility of an outbreak. We are here to support you, we can provide:

- letters to inform parents/caregivers and request ill children stay away
- disease information (e.g. pamphlets, posters)
- arrange laboratory testing



Cleaning during an outbreak

In an outbreak you should follow your cleaning schedule, but increase the frequency and intensity of cleaning.

1. Follow your cleaning schedule

2. Increase

Increase the frequency of cleaning and sanitising:

- use 0.1% bleach solution or suitable commercial disinfectant
- target high touch areas (e.g. toilets, door handles, taps, surfaces and communal areas)
- clean and sanitise hard toys daily

Increase the frequency and standard of hand hygiene

3. Avoid

- · direct contact with body fluids or anything contaminated by these
- sandpit, paddling pool, play dough, cooking activities, and excursions

4. Reduce

the number of toys available to make daily cleaning easier

5. Remove

hard to clean toys (e.g. soft toys, dress ups)

Remember to clean and replace cleaning equipment regularly. Some bugs can survive on surfaces and cleaning equipment for days or weeks! To clean reusable mops and cloths, soak in 0.1% bleach solution for 30 minutes and then hot wash.

Hand hygiene

The bugs that cause gastroenteritis use the hands as a way to move around, so **good hand hygiene is** crucial to stopping the spread of infection.

Use the 20/20 rule:

wash for 20 seconds

rub hands thoroughly in warm soapy water

dry for 20 seconds

on paper towels, under a dryer, or on a clean hand towel



Green cleaners

Commercial products

The effectiveness of the 'eco' or 'green' cleaners available in stores is hard to assess as there is no requirement to list ingredients on the packaging.



Natural cleaners

Natural cleaners (e.g. baking soda and vinegar) have been widely used historically and the drive back to sustainable and affordable cleaning products means they are rising in popularity.

They can be effective as cleaners, however, their effectiveness as sanitisers is questionable.

Baking Soda alkaline chemical used to scour and deodorise to remove organic matter.

Washing Soda cuts grease and wax, removes stains. This chemical is more strongly alkaline than baking

soda. Wear gloves. Don't use on fibreglass or aluminium.

Borax cleans, deodorises and disinfects but it is fairly toxic. Wear gloves.

Pure Soap degreases. In hot soapy water it reduces bacterial numbers.

White Vinegar reduces bacteria and mould, because it is an acid. Dissolves soap scum but does not

degrease well. Do not mix acids and bleaches (chlorine based products) it creates toxic gas. Mixing with alkaline substances neutralises disinfectant properties e.g. vinegar and

baking soda together do nothing except maybe deodorise and look impressive.

Advice

Check if the product suits your needs. Find out what it does and what its ingredients are. Do your homework before relying on these products to keep your centre bug free.

We advise using bleach for sanitising because it is cheap, effective and it kills Norovirus.

Norovirus is resistant to most common disinfectants. If you choose to use a different product, make sure it kills Norovirus and follow the instructions on the label.

Remember that to be effective you must clean then sanitise.

For more information see Safe and Sustainable Indoor (SASI) Cleaning Project SasiClean at http://zetec.co.nz/



Dishwashing

Clean crockery, cutlery and food equipment stops cross contamination. Items can be washed either by hand or in a dishwasher. Domestic and commercial dishwashers each have their own advantages and disadvantages.

Consider which is right for your service. If a suitable dishwasher is too expensive think about using disposable plates and cutlery. Where only snacks are consumed and no cutlery or plates is provided, the potential for cross contamination is low and commercial dishwashers are not required.

Commercial dishwashers

Are required if food is produced on site

- Are very fast
- Can handle a high volume of dishes
- Are more expensive to purchase
- May not be able to be used to clean toys and other equipment, because the water temperature is generally too hot



Commercial dishwashers must have:

- Minimum wash temperature of 60°C
- Rinse cycle that is at least 77°C and lasts at least 10 seconds
- Device that automatically dispenses a dose of detergent
- Baskets and trays that allow all the dishes to get completely wet
- Thermometer to show the temperature of the water
- Temperature control system that stops the machine if the temperature is too low

Domestic dishwashers



- Are relatively cheap (compared to commercial)
- Can also be used to hygienically clean toys and play dough equipment
- Generally take longer to run through a cycle of dishes
- Are designed for use by the 'average family', rather than a busy centre, so may not be able to cope with the extra demands placed on them in the long term

Domestic dishwashers **must** have a sanitising cycle that senses a temperature of 65°C or higher before the machine advances to the next step.



Hand washing dishes

Thoroughly wash dishes in water that is at least 43°C using adequate soap or detergent.

To rinse and sanitise dishes:

- Place in boiling water (30 seconds) or hot water at least 77°C (two minutes)
- Keep dishes separate from each other during rinsing
- Remove dishes immediately and let the air dry them
- Never use a tea towel or cloth to dry or polish the dishes after rinsing



Cleaning a dishwasher

- Put a cup of white vinegar on the top rack. Vinegar washes away the loose, greasy grime, sanitises, and removes musty odours. Run the machine empty on the hottest cycle
- A cupful of baking soda sprinkled around the bottom of the dishwasher freshens the machine and removes stains. Run the machine empty on a short cycle



- Scrape and rinse dishes to prevent the dishwater becoming blocked
- Stack oversized items on the bottom tray.
- Alternate utensils pointing up and down. Always point knives downward
- Check the rinse arm has a full range of motion
- Use the cycle appropriate for the dishes you are washing
- Regularly check the drains, filters and rinse arms to avoid any sort of blockage
- Clean the exterior with detergent and a cloth
- A full dishwasher saves energy and money. Chances of breakage and damage reduce when your dishwasher is full
- Keep the door closed as long as possible after the machine is finished and the heat retained will help to air dry items. Never use a tea towel to dry
- Ensure the dishwasher is regularly maintained



Steam mops

Steam mops are designed to sanitise and kill bacteria through heat rather than chemicals. Water in the mop is heated to 120°C and used to clean floors, carpets and soft furnishings. The steam is blasted out through jets, activating a micro fibre pad which the dirt sticks too.

For a steam mop to be effective the steam needs to be at least 60°C.

Things to consider:

- 1. Where in the centre the mop is to be used and the risks associated with those areas? e.g. toilets/bathrooms and kitchen facilities.
- 2. How often and when the micro fibre pad should be changed?
- 3. Who will launder the micro fibre pads and how? Follow the manufacturer's instructions.
- 4. Training staff on the correct use of steam mops using the manufacturer's instructions.
- 5. Updating cleaning procedures and schedules to include general and enhanced cleaning guidance for steam mop use.

Cleaning during an outbreak

Steam cleaning of soft furnishings and carpets is recommended during outbreaks of gastroenteritis. Dispose of the micro fibre pads if the mop is used to clean during an outbreak.



General laundering will only remove solid matter that has built up. It will not sanitise the mop pad.

To sanitise submerge the micro fibre pad in a bleach solution for 30 minutes or wash on a hot wash.

Allow to air dry.





Cleaning schedule: recommended frequency of cleaning/sanitising chart

		Clea	aning		Sanitising						
	After use	Daily	Weekly	Monthly	After use	Daily	Weekly	Monthly			
High risk areas											
Body wash facilities (shub, shower)	✓	✓									
Faecal accident areas	immediately				immediately						
Food equipment (boards, bowls)	✓				✓						
Food preparation areas	✓				✓						
Nappy changing areas	✓	✓			✓	✓					
Tables used for eating & food preparation		before 8	after use			before 8	& after use				
Toilets and wash hand basins	We	ekly or as requ	uired due to soili	ng	we	ekly or as req	uired due to soili	ng			
Frequently used areas/items											
Cleaners' sinks, laundry tub	✓	✓			✓	✓					
Cleaning equipment (buckets, mops)	✓				✓						
Dedicated art sink		✓				✓					
Dual purpose sink (art/cleaning sink)		before 8	after use	before & after use							
Hard surfaces (floors, walls)		✓				✓					
Hard toys		✓									
High chairs	✓				✓						
Linen & bedding		after use, wee	ekly, or if soiled								
Mattresses & covers		after use	or if soiled								
Mechanical toys	✓										
Tea towels & kitchen cloths	daily	or when soiled	or excessively o	amp							
Other											
Books			✓								
Furniture, rugs & carpeting		✓									
Outdoor play equipment			✓								
Paddling pools	afte	er use or as rec	uired due to soi	oiling							
Play dough & equipment		✓									
Refrigerator				✓				✓			
Sand pits	✓		✓								
Soft toys, furnishings & dressing up clothes	We	ekly or as requ	uired due to soili	ng							



Cleaning schedule: example 1

Items & areas	Frequency of cleaning			ning	Precautions	Method of cleaning	Record of cleaning (sheet signed by person responsible)							
	After	Daily	Weekly	Monthly	(e.g. use PPE, use wet floor sign)	(including dilution of any chemicals)	MON	TUES	WED	THUR	FRI			
Food equipment	✓					scrape and rinse to remove food, wash in dishwasher, put away	C. Leaner	C. Leaner	C. Leanor	C. Lener	C. Leaner			
Food preparation areas	✓	✓				use green cloth + hot soapy water + sanitiser clean at start and end of each day and immediately after use	C. Lencer	C. Leaner	C. Lener	C. Leaner	C. Lenw			
Dining tables	✓	✓				use green cloth + hot soapy water + sanitiser	C. Lener	C. Leaner	C. Lener	C. Leaner	C. Lenw			
Tea towels & cloths		✓				put on hot wash, dry in dryer	C. Lener	C. Leaner	C. Leaner	C. Leaner	C. Lenux			
High chairs	✓					use green cloth + hot soapy water + sanitiser	C. Lenw	C. Lenar	C. Leaner	C. Leaner	C. Lend			
Rubbish bin			✓			use orange cloth + hot soapy water + sanitiser					C. Leaner			
Floors		✓			use wet floor sign	use green mop + hot soapy water + floor cleaner	C. Lener	C. Lener	C. Leaner	C. Leaner	C. Leiner			
Microwave				✓		use green cloth + hot soapy water	C.1	eaner						
Oven				✓	wear gloves	use green cloth + oven cleaner	C.l	eaner						
Refrigerator				✓		use green cloth + hot soapy water	C.1	C. Leaner						
Walls		3 mc	nthly			use yellow cloth + hot soapy water	C.1	C. Leaner						
Ceiling		yea	arly			vacuum to remove dust then clean with hot soapy water	C.1	C. Leaner						



Cleaning schedule: template 1

Items & areas	Frequency of cleaning		Precautions	Method of cleaning	Recording of cleaning (sheet signed by person responsible)							
to be cleaned		MON	TUES	WED	THUR	FRI						

Cleaning schedule: example 2

Items & areas to be cleaned	Frequency of cleaning	Method of cleaning (including dilution of any chemicals)	Cleaning product	Disinfectant (switch to 0.1% bleach in an outbreak)	Person responsible	Date completed	Signature
Food equipment	after use	scrape and rinse to remove foodwash in dishwasher using dish tabletsput away	'Sparkle' dish tablets		kitchen assistant		K. Itchen
Food preparation areas	daily or after use	 use green cloth and cleaner to wipe down spray on disinfectant and leave for 20 mins wipe off 	'Cleanex' spray	'Sanitec' disinfectant	kitchen assistant		K. Itchen
Dining tables	daily or after use	 use green cloth and cleaner to wipe down spray on disinfectant and leave for 20 mins wipe off 	'Cleanex' spray	'Sanitec' disinfectant	teachers as needed & kitchen assistant at end of meal		K. Itchen
Tea towels & cloths	daily	put on hot wash with laundry powderdry in dryer	'Suds' laundry powder		kitchen assistant		K. Itchen
High chairs	after use	 use green cloth and cleaner to wipe down spray on disinfectant and leave for 20 mins wipe off 	'Cleanex' spray	'Sanitec' disinfectant	teachers as needed & kitchen assistant at end of meal		K. Itchen
Rubbish bin	weekly	 use orange cloth and cleaner to wipe down spray on disinfectant and leave for 20 mins wipe off 	'Cleanex' spray	'Sanitec' disinfectant	cleaners		C. Leaner
Floors	daily	use green mop and hot water with floor cleaner	'Floorox' floor cleaner		cleaners		C. Leaner
Microwave	monthly	use green cloth and hot soapy water to wipe down	hot soapy water		kitchen assistant		K. Itchen
Oven	monthly	use green cloth and oven cleaner	oven cleaner		kitchen assistant		K. Itchen
Refrigerator	monthly	use green cloth and hot soapy water to wipe down	hot soapy water		kitchen assistant		K. Itchen
Walls	3 monthly	use blue cloth and hot soapy water to wipe down	hot soapy water		cleaners		C. Leaner
Ceiling	yearly	 vacuum to remove dust use blue mop and hot soapy water to wash down 	hot soapy water		cleaners		C. Leaner



Cleaning schedule: template 2

Items & areas to be cleaned	Frequency of cleaning	Method of cleaning (including dilution of any chemicals)	Cleaning product & equipment	Disinfectant (switch to 0.1% bleach in an outbreak)	Person responsible	Date completed	Signature



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Case Log

Name of Centre:

Please complete this log as accurately as possible. The case log should be updated daily and a copy sent to the Health Protection Officer at Public Health South by email or fax.

Name	Child or Phone no. staff? (of case or (C or S) parent/caregive	Phone no.	(of case or	Gender	Date & time symptoms started	Date & time symptoms stopped	Specimen sent to lab? (for office use only)	Symptoms (tick if applicable)						
								Diarrhoea	Vomiting	Nausea	Abdominal Pain	Fever	Other (please specify)	

