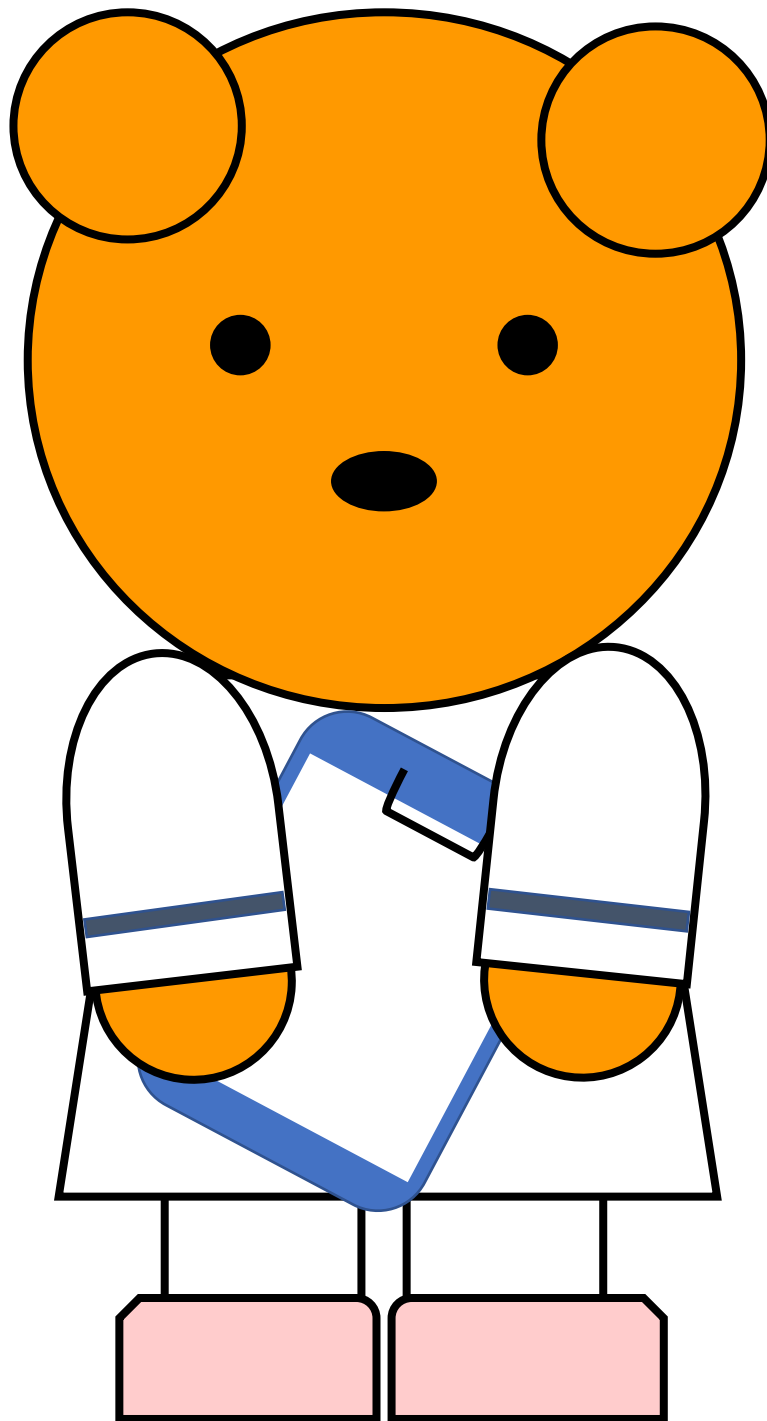


Protection against Infectious Diseases



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How Does Infection Occur?

◎The Process of Infection

Source: Items or people with germs or viruses (contaminated food, infected patients, etc.)



Countermeasure

- Early detection of infected patients
- Regular cleaning and disinfection, etc.



Route: The way in which the infection enters the body
(Especially elderly persons, infants, etc. w/ low resistance)



Countermeasure

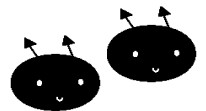
- Thorough hand-washing
- Proper disposal of discharged matter from patients

Compatible person: Person most likely to become infected
(Especially elderly persons, infants, etc. w/ low resistance)



Countermeasure

- Thorough hand-washing and gargling
- Regular health monitoring



Infection

In order to prevent from formation and be able to intercept at anytime, please conduct proper countermeasures on a daily basis.

◎Contagious Illnesses

○Verotoxin-Producing Escherichia Coli (0157, etc.)

A person becomes infected from contaminated foods, or fingertips and items contaminated from coming in contact with something that is contaminated by the human waste of an infected person. Its infectability is very strong as even a tiny amount of the germs can cause as an onset.

○Noroviral Gastroenteritis (aka Stomach flu)

There is a large amount of this virus in the feces and vomit of an infected person. It is contracted through the mouth via contaminated fingertips and other things often having contact with the mouth. Even a very small amount of the virus will cause a full onset. Also, even after symptoms have disappeared, the virus is still discharged in feces for about 1 week and as a result can spread via secondary infection.

Wash Your Hand and Gargle

★ Hand-washing and gargling are key to preventing infections.

Soap does not disinfect, however, washing your hands makes it easier for germs and viruses to fall off your fingertips, so make sure to wash with extra care. Also, in order to prevent germs from entering the body through the throat, make a habit of gargling after coming in from outside.

◎When Should I Do It?

【Hand-washing and Gargling】

- When you come home
- Before you eat

【Hand-Washing】

- After using the bathroom
- Before cooking
- After you've taken care of a vomiting or diarrheic person
- After changing a diaper

◎How to gargle properly

①Swish Gargling

Take some water in the mouth, swish it around a little, and then spit out.



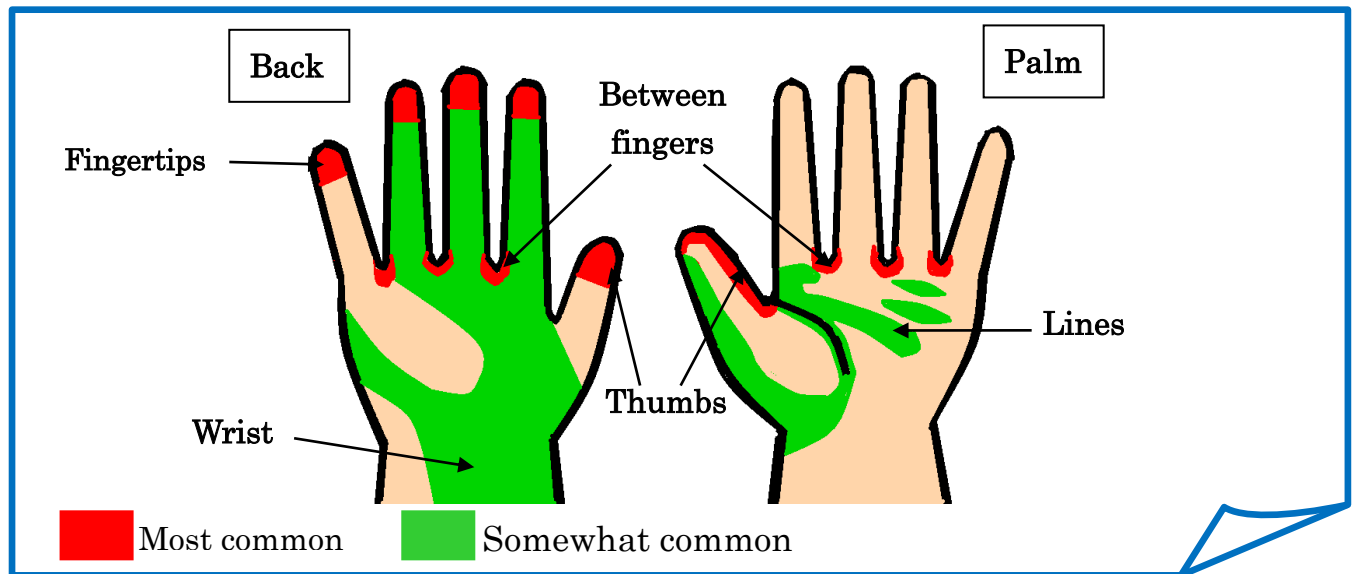
②Open-mouth Gargling

Take some water in the mouth, tilt your head back so the water reaches the back of the throat, gargle for 15 seconds, and then spit out.



※You should swish gargle 1 time and open-mouth gargle 3 times.

©High-risk Areas Often Missed During Hand-Washing



Source: Japanese Society of Environmental Infection Supervision Hospital Infection Prevention Manual (2001)

©Hand-Washing Tips



Disinfection Tips

★ In case of Verotoxin-producing Escherichia Coli, Cholera, Shigellosis, Typhoid, and Paratyphoid

Invert soap, disinfecting alcohol, chlorinated antiseptics such as Sodium Hypochlorite, and boiling (75°C, more than 1 minute) is effective.

★ In case of Noroviral Gastroenteritis

Chlorinated antiseptics (Sodium Hypochlorite) and boiling (at 85°C for more than 1 minute) is effective. Disinfecting alcohol and invert soap do not have any effect.

©How to Dilute Antiseptics

☆ For invert soap (Benzalkonium Chloride solution) (Dilute with water)

Purpose	Hand-washing	Bathrooms, tank levers, etc.
Concentration	100x (0.1%)	50x (0.2%)
If making 1ℓ of dilution (≈1/2 cup in basin)	10ml (2 capfuls) (cap of a 500ml bottle)	20ml (4 capfuls) (cap of 500ml a bottle)

☆ For chlorinated antiseptic (5%※) (Dilute with water)

Purpose	Eating and Cooking Utensils	Feces/vomit
Concentration	250x (200ppm)	50x (1000ppm)
If making 1ℓ of dilution	4ml (little less than 1 capful) (cap of 500ml plastic bottle)	20ml (4 capfuls) (cap of 500ml plastic bottle)

※ Most chlorine bleaches sold on the market have 5% concentration of chlorine.

※ Cautions when Using Chlorinated Antiseptics ※

- May cause fading in clothing items.
- For metals, there could be rusting and discoloration. After disinfecting, please wipe it off with a damp cloth.
- Do not use on hands or skin.
- Be careful it does not come in contact with skin or eyes.
- Please use in a well-ventilated space.
- Do not mix with acidic medical agents as it will produce a lethal gas.
- Long-term storage will decrease concentration, so use as soon as possible. Also, store in a cool dark place and keep out of reach of children.
- Dilute only at time of need. Avoid make-ahead dilutions.

◎How to Dispose of Human Waste and Vomit

Things You Will Need

- ◆ Disposable gown, gloves and mask
- ◆ Paper towels, etc.
- ◆ 200ppm and 1000ppm chlorinated antiseptic
- ◆ 2 Sealable plastic bags

① Open mouth of plastic bags.



② Take off watches, rings, etc. and put on gown, gloves and mask.



③ Cover the human waste or vomit with paper towels, then pour the chlorinated antiseptic solution on top. Gently wipe up the mess and dispose inside the one of the open plastic bags.

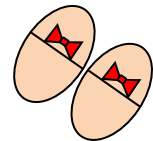


* If human waste or vomit dries, the virus disperses into the air and can infect by entering the mouth, so clean it up quickly before it dries.

④ Disinfect the wider area by wiping the floor and walls from the farthest point inward with paper towels soaked with chlorinated antiseptic(200ppm). Immediately dispose the dirty paper towels in the first plastic bag and close the opening tightly.

* In the plastic bag, there is enough chlorinated antiseptic to soak the waste (1000ppm).

* The virus from the sick person may also be on the bottom of their slippers/indoor shoes. After disinfecting the floor, disinfect the bottom of their slippers/indoor shoes as well.



⑤ Put the plastic bag containing the mess into the other plastic bag. Take off the gown and the gloves turning inside out, put them in the bag, and without touching the inside of the bag close it tightly.

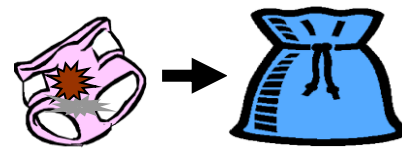


⑥ Finally, wash your hand really well.

©How to Dispose of Diapers

Disposal is the same as with feces and vomit. To prevent the contents from splattering about, after taking off the diaper quickly roll it up and put it in a plastic bag.

When changing several diapers, wash your hands after each change.



©How to Dispose of Contaminated Clothing

Gently rub the items in detergent-containing water (pre-wash), then soak them in 200ppm chlorinated antiseptic to disinfect it, then rinse thoroughly. After that, using a high-temperature dryer or similar will increase the sterilization effect. The area to be pre-washed is disinfected with 200ppm chlorinated antiseptic and then cleaned with detergent.

* Be cautious as chlorinated antiseptic can cause fading in clothes.

©How to Disinfect Toilets, Doorknobs, etc.

○Daily Disinfection

Regularly clean toilet seats, flush handles, doorknobs, floors and walls around the toilet bowl, railings, etc. by carefully wiping with 200ppm diluted chlorinated antiseptic.

○For Verotoxin-producing Escherichia Coli (0157, etc.)

Sponge bathe toilet seats, flush handles, doorknobs, floors and walls around toilet bowl, railings, etc. with 0.2% diluted inverted soap.

○For Noroviral Gastroenteritis

Sponge bathe the toilet seat, flush handle, doorknob, floors and walls around toilet bowl, railings, etc. with 200ppm diluted chlorinated antiseptic.

©How to Disinfect Eating and Cooking Utensils

Immediately after eating, thoroughly soak the dish in 200ppm diluted chlorinated antiseptic to disinfect it. After disinfection, wash thoroughly with detergent.



Other Things to Be Careful Of

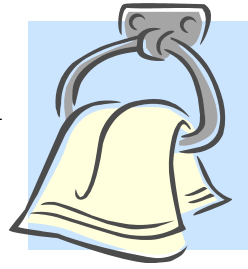
○Bathing

Wash your buttocks well before getting in. If you're showing symptoms of illness, only shower only or use the bath last. Even after 1 week of recovery, your feces still contain the virus so be the last to use the bath.



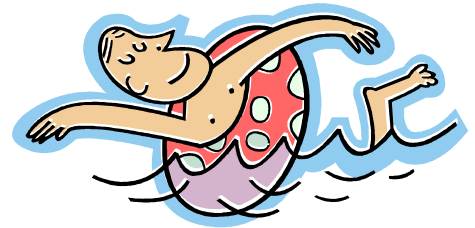
○Towels

Use ones for yourself only, and refrain from sharing others' towels.



○Pools

- Before entering, wash your body well, especially your buttocks.
- When using inflatable/plastic pools, change the water frequently.
- People feeling unwell should not get in the pool.



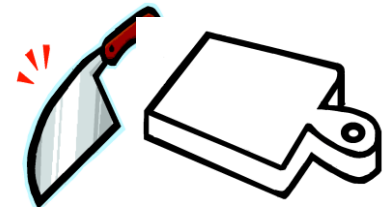
○Health monitoring

Pay attention to your daily health. When you are feeling unwell, do not overexert yourself, get plenty of good rest, and see a doctor as soon as possible.



○Cooking

If you are showing symptoms of illness, refrain from work involving cooking, meal assistance, and serving. (Even after the symptoms disappear, be cautious for about 1 week.)



Verotoxin-producing Escherichia Coli (O157, etc.), Shigellosis, Cholera, Typhoid and Paratyphoid are designated as Type 3 Infectious Diseases by the Infectious Disease Law. Work restrictions will apply towards duties involving food production until negative reaction is confirmed from feces examination.

If an Outbreak Occurs at a Social Welfare Facility, etc.

◎Countermeasures at time of outbreak

① Assess the situation

- Confirm symptoms (diarrhea, vomiting, fever, etc.)
- Gather facts (number of patients, day of onset, time of start of outbreak, floor/room deviations, etc.)
- Confirm status of diagnosis (presence, name of diagnosis, examination status, etc.)

② Prevent further spreading

- Notify all employees
- Increased thoroughness of hand-washing
- Properly dispose of human waste
- Disinfect facility when necessary



③ Notify other related facilities

- Facility doctors, Infection Control Doctors, etc. (Explain the situation and receive instructions)
- Contact and explain situation to patient's family (Outbreak status, how to prevent secondary infection at home, etc.)
- Report to each ward's public health and welfare center and the Head Office(※)

※ Reporting Standards for Ward Public Health and Welfare Centers and Facility Head Office

“Regarding Reports of Infection Outbreaks at Social Welfare Facilities, etc.”

Notice from the Ministry of Health, Labour and Welfare (dated February 22, 2005)

In the following cases of A B, and/or C, the Director of the social welfare facility, etc. must take action by promptly reporting to every municipal social welfare facility head office of the number of persons believed to be infected, have food poisoning, etc., the symptoms, and countermeasures situation, in addition to reporting to the Public Health Centers (for Osaka city, the Public Health and Welfare Center of each ward), and request instructions.

- If **more than 2 deaths and/or severely ill persons appear within 1 week** as a result of the same infection, food poisoning, or both.
- If **more than 10 patients or individuals believed to be ill, or more than half of persons using the facility** appear as a result of the same infection or food poisoning.
- If neither case A nor B, if a report by the director of the facility is believed necessary due to the belief that the outbreak of infection, etc. exceeds normal circumstances.

◎How to Dilute Chlorinated Antiseptic (for large amounts)

○ For 200ppm

- Concentration (5%): 12mℓ →
- Concentration (6%): 10mℓ →

○ For 1000ppm

- Concentration (5%): 60mℓ →
- Concentration (6%): 50mℓ →

Water 3ℓ

◎ Infection Prevention Checklist for Social Welfare Facilities, etc.

① Health Assessment

- ☐ Assess daily health states of patients and employees
- ☐ Regular health check-ups of facility users and employees (Stool examinations as well for employees)
- ☐ Consultation at medical facility for unwell patients

② Thorough Hand-washing

- ☐ After every patient check-up
- ☐ After taking off disposable gloves
- ☐ Do not use communal towel after washing hands
- ☐ Encourage patients and visitors to do the same

③ Disposal of body waste (including diaper changes)

- ☐ Wear disposable gloves and mask (a gown in case of vomiting)
- ☐ Proper sanitization after disposal
- ☐ Standardize procedures

④ Facility Management

- ☐ Regular cleaning and sanitization
- ☐ Clear-cut classification such as clean areas (cooking room, formula room, etc.) and unclean areas (Toilets, Hand-washing stations, etc.)

⑤ Training

- ☐ Hold training courses for employees
- ☐ Share information among employees

⑥ Manual

- ☐ Compose infection prevention manual specific to facility (daily prevention measures, outbreak counter-measures, etc.)
- ☐ Confirm role divisions and communication system
- ☐ Inform all employees about its existence
- ☐ Conduct regular revisions

©List of Ward Public Health and Welfare Centers

Ward	TEL	FAX
Kita Ward	06-6313-9882	06-6362-1099
Miyakojima Ward	06-6882-9882	06-6925-3972
Fukushima Ward	06-6464-9882	06-6462-4854
Konohana Ward	06-6466-9882	06-6463-1606
Chuo Ward	06-6267-9882	06-6267-0998
Nishi Ward	06-6532-9882	06-6532-6246
Minato Ward	06-6576-9882	06-6572-9514
Taisho Ward	06-4394-9882	06-6554-7153
Tennoji Ward	06-6774-9882	06-6774-9866
Naniwa Ward	06-6647-9882	06-6644-1937
Nishiyodogawa Ward	06-6478-9882	06-6477-1649
Yodogawa Ward	06-6308-9882	06-6303-6745
Higashiyodogawa Ward	06-4809-9882	06-6327-3462
Higashinari Ward	06-6977-9882	06-6972-2781
Ikuno Ward	06-6715-9882	06-6712-0652
Asahi Ward	06-6957-9882	06-6954-9183
Joto Ward	06-6930-9882	050-3535-8689
Tsurumi Ward	06-6915-9882	06-6913-8140
Abeno Ward	06-6622-9882	06-6629-1349
Suminoe Ward	06-6682-9882	06-6673-0220
Sumiyoshi Ward	06-6694-9882	06-6694-6125
Higashisumiyoshi Ward	06-4399-9882	06-6629-1265
Hirano Ward	06-4302-9882	06-6702-4315
Nishinari Ward	06-6659-9882	06-6659-9085

Publication

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 Infectious Disease Countermeasures Department
 TEL 06-6647-0656 FAX 06-6647-1029