



■ ■ *Other ways to avoid getting ill:*

- Teach children the importance of hand washing.
- Wear protective clothing to protect yourself from animal faeces.
- Always remove outdoor clothing before going indoors.
- Have hand sanitiser situated in milking sheds or in farming vehicles so it is easy to grab when required.
- Handle and cook food hygienically and properly.
- All salad vegetables need a thorough washing.
- Avoid drinking from unknown sources, such as streams and wells.
- Keeping your drinking water safe. Roof areas should be kept free of overhanging vegetation. Tanks should be inspected annually and cleaned if necessary.



■ ■ *Settings for the transmitting of gastroenteritis:*

(Campylobacter, Cryptosporidium, Giardia, Salmonella, Yersinia)

- Homekill
- Milking
- Calving
- Handling animals
- Gardening

■ ■ *Contact us:*

For further information please contact
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www.health.govt.nz
www.foodsafety.govt.nz

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Gastroenteritis



Information for people living in rural areas to prevent stomach Gastroenteritis

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■ ■ *What is Gastroenteritis?*

Gastroenteritis is a condition that causes irritation and upset of the stomach and intestines.

The most common symptoms are

- Diarrhoea,
- Stomach pain
- Vomiting

The illness can be mild or very severe depending on what kind of disease it is and each individual's ability to fight infection. Contact your GP if you experience these symptoms.



■ ■ *What causes Gastroenteritis?*

People become infected when they swallow the bacteria, virus or parasite. This may be from contaminated water and food, or from contact with infected animals or humans.

Certain bugs carried in the faeces of cattle, poultry, pigs, sheep, birds and or house hold pets can make you ill.

Symptoms usually begin within three days after contracting the infectious agent and usually lasts for less than one week, but sometimes can last for weeks. Campylobacter and Viral Gastroenteritis are the most common causes of gastroenteritis in Taranaki

■ ■ *When are you most likely at risk?*

You can get gastroenteritis at any time of the year but more people are infected during spring and summer.

Spring is a time of high activity on farms during the calving and lambing season and when cow sheds are frequently visited by children.

Summer brings warmer weather and relaxed outdoor eating.

Contact with animals means you need to take care to protect yourself

■ ■ *How to avoid getting ill and passing it on to others:*

Effective hand washing for 20 seconds with soap and warm water, followed by thorough drying for 20 seconds.

Wash your hands thoroughly by using plenty of soap cleaning under the fingernails, rinsing hands well and drying on a clean towel:

- After going to the toilet or changing a baby's nappy.
- Before and after preparing food.
- After caring for people with Diarrhoea or Vomiting.
- After playing or working with animals.
- Working in vegetable garden and using manure.
- Before and after eating, smoking and taking a break in a farm environment.

