

Other ways to avoid getting sick:

- Teach children about washing hands well.
- Wear protective clothing to protect yourself from animal faeces (poos) eg gloves, aprons, gumboots.
- Always remove outdoor clothing before going indoors.
- Have hand sanitiser in milking sheds and farm vehicles.
- Wash hands before cooking and cook food well.
- All salad vegetables need to be washed well.
- Avoid drinking from streams and wells.
- Keep your drinking water safe. Roof areas should be kept free of overhanging trees. Tanks should be inspected every year and cleaned if needed.

Places you can often get gastroenteritis from:

- Homekill
- Milking
- Calving
- Handling animals
- Gardening



Contact us:

For further information please contact

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Te Whatu Ora
Health New Zealand

Gastroenteritis

Information for people living in the country to prevent gastroenteritis
(tummy bug, food poisoning, traveller's diarrhoea, or stomach flu)



Taranaki Together, a Healthy Community
Taranaki Whānui He Rohe Oranga

What is gastroenteritis?

Gastroenteritis is a condition that causes an upset stomach.

The most common symptoms are:

- diarrhoea (runny poos)
- stomach cramps/pains
- vomiting.

The illness can be mild or very bad depending on what kind of infection it is and how each person's body fights it. Contact your GP if you have the symptoms above.

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 (poos) of cattle, poultry, pigs, sheep, birds and or house hold pets can make you ill.

Symptoms usually begin within three days after becoming infected 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.

Bugs that cause gastroenteritis:

Campylobacter
Cryptosporidium
Giardia
Salmonella
Yersinia

When are you most likely to get gastroenteritis?

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

Spring time is busy on farms during calving and lambing, and children often spend more time in cow sheds.

Summer brings warmer weather and people eat outdoors more often.

How to stop yourself from getting sick and passing it on to others:

Hand washing for 20 seconds with soap and warm water, followed by drying your hands for 20 seconds.

Wash your hands well 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 (runny poos) or vomiting.
- After playing or working with animals.
- Working in vegetable garden and using manure.
- Before and after eating, smoking and taking a break on a farm.



Protect yourself if you touch animals by washing your hands afterwards