

Infection Prevention and Control Newsletter for Schools and Nurseries

Issue 2

Newsletter Date Sept 2018

Welcome to the Infection control newsletter

The community Infection control nurses provide services across the three boroughs of Halton, St Helens and Warrington and are available to provide advice and support to Schools and Nurseries

What's included in this quarters newsletter

How to contact our team.

Information regarding Measles

Information from Public Health England regarding the measles outbreak affecting the Wirral and European countries.

Slapped cheek syndrome

Handwashing and resources available to encourage children in

Three boroughs infection control team.

The Community Infection control specialist nurses are based at Newton Community hospital, Bradlegh Rd, Newton le Willows WA12 8RB.

If you need advice or support the nurses are available Monday to Friday 7:45am to 4:45pm.

Telephone number: 01744 457314 /01744 457312

E-mail address is 3Boroughs.infectioncontrol@sthelensccg.nhs.uk

Bug of the month

Measles

Measles is a highly infectious viral infection. The virus is transmitted through airborne droplet spread, and direct contact with nasal or throat secretions.

Symptoms include a runny nose; cough; conjunctivitis (sticky eye); high fever and small white spots (Koplik spots) inside the cheeks. Around day 3 of the illness, a rash of flat red or brown blotches appear, beginning on the face and spreading over the body.

The incubation period for measles is between 7 to 18 days.

Measles is a vaccine preventable illness.

Encourage parents of all children over the age of 1 to have MMR immunisation. This is given in two doses as part of the NHS childhood vaccination programme. The first dose is given when your child is around 12-13 months old and a second dose is given before a child starts school.

Staff in schools/nurseries should also be up to date with their MMR vaccinations.

There is information for schools on the Public Health England website regarding “Measles and school trips: travel advice for schools”



Measles
Rash.

Information from Public Health England regarding Measles outbreak on the Wirral—16th July 2018

There has been a recent increase in cases of measles on the Wirral. There are eight confirmed cases and ten probable cases, with 1st date of onset of 18 June 2018. All cases to date have been in children and young adults who have not been vaccinated.

There are currently several measles outbreaks across England that are associated to cases in Europe with resultant spread in the local population. There is a continued risk of imported cases, therefore, we are highlighting the need for vaccination and aim to achieve 95% uptake of two doses of MMR to prevent spread.

How staff in Schools and Nursery help.

Ensure that we signpost parents to the Health Visitor if parents approach you for advice about any vaccines.

Encourage parents to read accurate information regarding vaccines on NHS websites.

Be vigilant regarding any child who presents with fever and rash. Any child who is unwell in school needs to go home as soon as possible.

Ensure good standards of cleaning in the environment and equipment cleaning such as toys.

Always encourage and supervise children with handwashing as this is an important factor in preventing the spread of infections.

Contact the Infection control for advice if you need any further information on 01744 457314

Slapped cheek syndrome

Slapped cheek syndrome is also called fifth disease or parvovirus B19. It is a viral infection that's most common in children, although it can affect people of any age.

Symptoms of Slapped cheek

Children may have a headache, sore throat, runny nose or mild temperature (fever) that last for a few days and occur around 7-10 days before the rash appears.

After a few days, a distinctive bright red rash on both cheeks. By the time this rash develops, the condition is no longer contagious.

After another few days, a light pink rash may also appear on the chest, stomach, arms and thighs. This often has a raised, lace-like appearance and may be itchy.

Infectivity and Incubation Period.

For most children with slapped cheek syndrome it is normally a short mild illness. The infection is most contagious during the initial period before the rash appears. Children are no longer contagious once the rash appears. The incubation period is 1 to 20 days.

treat fever, and reduce symptoms of itch with antihistamines and emollients.

Advice to School and Nursery staff.

Unless the child is feeling unwell, there's no need for them to stay away from school once the rash has developed, as the infection is no longer contagious.

Encourage and supervise children with hand washing

Toys should be regularly cleaned, and all areas of the school/nursery should be on a regular cleaning schedule.



Hand Washing.



Hand washing is one of the most important ways of controlling the spread of infections, especially those that cause diarrhoea and vomiting and respiratory disease.

Liquid soap, warm water and paper towels are recommended.

Children should be encouraged to wash their hands and very small children need to be supervised whilst hand washing.

Handwashing can be encouraged by using colourful posters in the toilet areas. Activities can also be done as part of a normal school curriculum to encourage hand hygiene.

Children should wash their hands :-

- After using the toilet.
- After using messy play such as play doh, water and sand.
- Prior to mealtimes and snack times.
- After handling pets .

Resources to encourage hand washing can be found on the e-bug website.

e-Bug is an educational software package developed with students, teachers and public health professionals. Its interactive games and information are tailored to either junior, senior or young adult level.

http://www.e-bug.eu/eng_home.aspx?ss=1&cc=eng&t=Welcome%20to%20e-Bug

Useful information and Resources

The infection control team have web pages with lots of information for schools and nursery staff. This can be found on the following link.

<https://www.sthelensccg.nhs.uk/your-health/infection-control/schools-and-nurseries/>


The web pages include links to our **Single Point Lessons** which give information on a range of infectious diseases. There are continually being developed and launched on our website.

Hand Hygiene Single Point Lesson.


Single Point Lesson

HAND HYGIENE


Hand hygiene is the single most effective way to prevent the spread of micro organisms.




2
Rub hands palm to palm




3
Rub back of each hand with the palm of other hand with fingers interlaced




4
Rub palm to palm with fingers interlaced




5
Rub with backs of fingers to opposing palms with fingers interlocked



6
Rub each thumb clasped in opposite hand using rotational movement



7
Rub tips of fingers in opposite palm in a circular motion




8
Rub each wrist with opposite hand

Staff should always carry out effective hand hygiene using the correct technique.

- Apply soap to wet hands, alcohol gel can be used if hands are visibly clean.
- Use correct washing technique to ensure soap/gel comes in contact with all surfaces.
- Rinse soap from hands adequately
- Ensure hands are dried thoroughly using disposable paper towels.

Adequate rinsing and drying are key factors in maintaining skin integrity and preventing dermatitis.

Alcohol gel can be used when hands are visibly clean.
Staff should ensure that they use the same technique as for hand washing.



Encourage children with hand washing and teach them to wash hands properly. Children should wash hands:-

- Before eating meals or snacks
- After using the toilet
- After playing with messy play i.e. paint, play doh
- After petting any animals.

Please contact the Infection control team if you require any further advice 01744 457 314/312

Public Health England have published guidance on infection control in schools and nurseries. This document gives a lot of information on how to prevent the spread of infections, common childhood illnesses and how they present and exclusion required for most infections found in school children.

<https://www.gov.uk/government/publications/health-protection-in-schools-and-other-childcare-facilities>

How we can help you.

The Three boroughs infection control team are a team of specialist nurses who are available to answer queries regarding:-

- Infectious diseases and exclusion periods.
- Help manage outbreaks of diarrhoea and vomiting or other infectious diseases.
- Give general advice on preventing the spread of infection in the school and nursery setting.

3 Boroughs Public Health Infection Prevention and Control Team

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