



Public Health Bulletin

Heartland Health Region

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Gastrointestinal Illness in Biggar and District Health Centre – Long Term Care

Dr. David Torr, Consulting Medical Health Officer for the Heartland Health Region has declared an outbreak of gastrointestinal illness in the **Biggar and District Health Centre – Long Term Care effective March 26, 2017**. Specimens have been sent to the lab to identify the cause.

We are requesting the cooperation of all staff and public in dealing with the outbreak. The **Biggar and District Health Centre – Long Term Care** currently has outbreak precautions in place and they are working diligently to enhance infection prevention and control precautions. The following precautions have been taken:

- Visitor restrictions are in place and notice of visitor restrictions have been posted at facility entrances,
- Residents who are ill with gastrointestinal symptoms have been placed on contact precautions and will be restricted to their rooms until free from symptoms for 48 hours,
- Samples have been sent to the Provincial lab to help establish the cause of the illness,
- Admissions, transfers and discharges will be postponed until outbreak status is lifted, with the exception of emergencies,
- Activities and Day Care Services, along with Visiting Professionals will be cancelled until outbreak status is lifted.
- All staff are observing optimal infection control procedures especially when attending to ill individuals.

Hand hygiene still remains a key practice in the prevention of illness and outbreaks. **Wash your hands thoroughly, properly and frequently**, particularly before and after patient/client care, washroom use, blowing your nose, and after touching surfaces.

We need to remain vigilant in preventing infections in our facilities and communities, as well as following these easy steps:

- **Regular and frequent hand washing and**
- **If you are ill, stay at home until symptom free for a 48 hour period.**
- **It is not too late to get your flu shot – call your local public health office to arrange a time.**

For more information, contact:
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