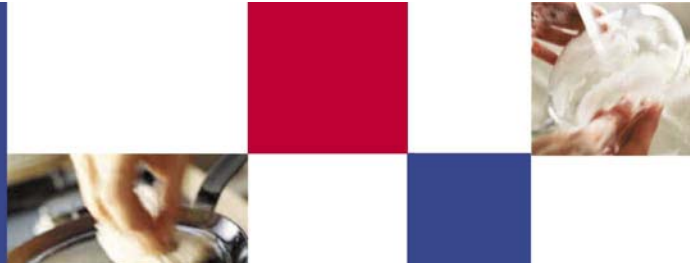


Clean Living

October 2006



Welcome to the October edition of the Clean Living Newsletter, which aims to keep you up to date with important hygiene issues that are making the news. This month we take a look at the winter vomiting bug, *Norovirus* and give you some handy hints on keeping well as the winter months approach.

Hygiene in the News

Money, make-up, mobile...MRSA?

(Daily Express, 10 October 2006)

According to research by Eve magazine a woman's handbag is the latest area of our lives to be infected with germs. According to microbiologist Dr Charles Gerba 30% of the handbags he tested were contaminated with *E.coli* as a result of being placed on the floor when visiting the toilet. Re-used water bottles also tested positive for *E.coli* as a result of people refilling them regularly.

Dr Gerba's testing also revealed that some strains of the 'flu virus had the ability to live for three days on the newspaper that you find left on the bus. One of the more shocking statistics was that 10% of all mobile phones tested were found to be carrying the superbug MRSA as well as the pneumonia causing bacteria *Staphylococcus aureus*.

These findings might seem alarming but there are simply hygiene steps you can take to help reduce the spread of bacteria, viruses and fungi, including:

- Frequent and thorough hand washing
- Hang your handbag on the back of the door when visiting the toilet
- Using a bleach based cleaner to clean frequently touched surfaces in the home environment

Did you know?

One teaspoon of vomit can contain five million viruses – it can take just ten to cause an infection¹ such as *Norovirus*. If someone in the home is unwell take extra care and make sure you hygienically clean any contaminated areas to help prevent the spread of infection.

¹ Germs in Your Home in Association with Domestos, October 2006

Domestos Thick Bleachcan be used throughout the home from the kitchen bin to the bathroom floor to help keep your home hygienically clean and safe from germs. Rinse dishcloths and sponges thoroughly after use and leave to soak overnight in a dilute solution of Domestos thick bleach and allow to dry thoroughly to minimise the spread of germs in the home.



Visit www.domestos.co.uk for more information about Domestos

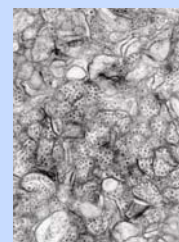
The Winter Vomiting Bug

Norovirus, also known as the winter vomiting bug, probably causes more stomach upsets than any other single germ and is the most common cause of infectious gastroenteritis in England and Wales¹. It can spread easily in closed communities such as schools, homes, hospitals and cruise ships.

The most common way *Norovirus* enters the home is on or in people, though sometimes it can appear on food that has become contaminated.

Symptoms can include...

- Raised temperature
- Violent vomiting
- Diarrhoea
- Headache
- Aching limbs



Norovirus

Preventing the spread...

Good hygiene is vital to limiting the spread of *Norovirus* and only bleach based cleaner has the power to kill the virus.

- Ensure thorough hand washing is implemented
- Keep infected people away from the kitchen and food preparation areas
- Avoid sharing towels with an infected person and wash all infected laundry separately
- Hygienically clean frequently touched areas such as door, cupboard and toilet handles with a bleach based cleaner
- Pour bleach down your toilet on a regular basis, especially if someone in the household is vomiting or has diarrhoea
- Any spillages of contaminated material e.g. faecal matter or vomit should be cleaned up immediately using a bleach based cleaner

¹ Health Protection Agency Infection A-Z - *Norovirus*, November 2006.

And Finally...

We hope you are enjoying the Clean Living updates. We are always happy to receive any feedback you may have, so please email any queries or comments to cleanliving@uk.cohnwolfe.com.

If you do not wish to receive further copies of this newsletter, please e-mail: cleanliving@uk.cohnwolfe.com

