



AUGUST 2008

HOME HYGIENE NEWS

DEAR READER,

THIS MONTH FINALLY SEES THE ARRIVAL OF THE BRITISH SUMMER, WHICH LEADS US TO FOCUS ON THIS MONTH'S HOT HYGIENE TOPIC... BARBEQUES.

BEAT BARBEQUE BACTERIA

Warm weather inevitably results in a big rise in outdoor eating and an estimated 110 million barbeques¹ are set to take place during 2008. Perhaps unsurprisingly then, throughout the summer months cases of food poisoning will almost double.² It is estimated that 10 million³ people in the UK will be affected by food poisoning* this year. A massive 80%⁴ of food poisoning cases occur in the home which can be easily prevented.



To beat barbeque bacteria, we have put together tips you can share with your clients about how to avoid the dreaded food poisoning this summer.

- Keep raw meats away from ready-to-eat foods, as raw meat can contain bacteria which are easily transferable, and which can only be destroyed by adequate cooking
- Hygienically clean food preparation areas, including work tops and chopping boards, using a bleach containing product such as Domestos Bleach Cleaning Spray. Dry thoroughly afterwards with a clean tea cloth or paper towel
- Wash your hands thoroughly before and after handling foods such as raw meat, to reduce the risk of cross-contamination
- Keep separate marinades for raw and cooked meats, and throw away any left over marinade especially if you've been dipping a brush in and out of it

- Have separate chopping boards and utensils for different kinds of food stuffs, e.g. meat, fish and vegetables, and clean as you go with Domestos Bleach Cleaning Spray
- After the barbeque clean the griddle and utensils with hot soapy water before spraying with Domestos Bleach Cleaning Spray and drying thoroughly
- Ensure that you wrap up all left over food carefully and keep refrigerated
- Clean inside and outside your barbeque regularly with Domestos Grotbuster to get rid of stubborn grime which can also provide a perfect home for germs including food poisoning ones such as Salmonella
- Defrost frozen foods thoroughly in the fridge
- Ensure food is thoroughly cooked through by simply cutting in half and checking the colour. If the meat is pink, carry on cooking. Alternatively use a meat thermometer
- Use a separate set of utensils and plates for raw and cooked meat to avoid cross contamination



HEALTHCARE PROFESSIONAL FORUM

Remember to visit the online healthcare professional forum, simply click through to www.domestos.co.uk/hcp. It's a site dedicated to healthcare professionals who find themselves sometimes advising their clients and patients on the importance and role of home hygiene in the prevention of illness. The forum has discussion boards on home hygiene for information sharing.

By asking questions you will be able to interact with your colleagues and peers and learn from their experience in infection control, or share your knowledge to help improve working practices.

Additionally, there is a wealth of resources available to download or order for you and your clients, which include:

Healthcare Professional Resources:

- Home Hygiene Toolkit
- Hygiene advice and factsheets
- Archives of Home Hygiene News
- The International Forum on Home Hygiene report on superbugs in the community

Patient Resources:

- Germs in Your Home leaflet
- Chain of Infection sheet (part of the Home Hygiene Toolkit)

The home hygiene forum and online resources are designed for you as a healthcare professional and we value your feedback. If you have any comments or queries, to request a hard copy of the Home Hygiene Toolkit, or further copies of Germs in Your Home, please email domestos@uk.cohnwolfe.com.



* It is estimated there are 10 million cases of Infectious Intestinal Disease (IID)

¹ National BBQ Association 2007

² Food Standards Agency: www.eatwell.gov.uk/keepingfoodsafe/germawatch

³ Wheeler JG, Sethi D, Cowden JM, Rodrigues LC, Tompkins DS, Hudson MJ and Roderrick PJ. Study of infectious intestinal disease in England; rates in the community, presenting to general practice and reported to national surveillance. British Medical Journal 1999;318: 1946-1050

⁴ Schmidt K. Situation of Foodborne Diseases in Europe, 1992-1996. In Proceedings of the 4th World congress Foodborne Infections and Intoxications 7-12 June 1998 Vol 1 pp262-266.; Federal Institute of Health Protection of Consumers and Veterinary Medicine. Berlin BgW and other sources

Unlike other household cleaning products, bleach kills all known germs including bacteria, fungi and viruses such as 'flu.

Use biocides safely. Always read the label and product information before use.