

Avoiding Gastroenteritis

Gastroenteritis is an inflammation of the stomach and intestine resulting in diarrhoea, vomiting and cramps and, when caused by an infectious agent it is often associated with fever. Whilst there are many different strains of gastroenteritis, there are a few ways in which you can avoid picking up the bug yourself.

- **Wash your hands after visiting the toilet**
- Don't share the same drink bottles, glasses or food utensils
- Wash your hands before handling food
- Wash your hands after touching animals
- Ensure meat and poultry are cooked thoroughly (at least 75 degrees in the centre)
- Keep and serve food at correct temperatures
- Store cooked and uncooked food separately
- Be careful when reheating food, ensure food is steaming hot and discard leftovers after 24 hours
- Use easy to clean chopping boards that won't retain micro-organisms (germs) - plastic chopping boards are good
- Use separate chopping boards for cutting meat and vegetables
- Keep raw meat and poultry away from ready to eat food

If you do catch the bug, follow this simple advice to ensure you continue to manage your diabetes well during the course of the illness:

- Stay at home if you are infected, do not go to work/school – so you don't spread the 'bug'!
- If illness is accompanied by vomiting, seek medical assistance
- If you are able to tolerate fluids, then follow your sick day rules
- If you are not sure about your sick day rules, contact your doctor, specialist or educator
- Phone the Diabetes WA Information & Advice Line (DIAL) on 1300 136 588 for further advice and support