

Hygienic hand disinfection

The notion that our hands are the most important carriers of germs has been proven. This is why hand disinfection is the most important tool against the transmission of pathogens.

You should disinfect your hands:

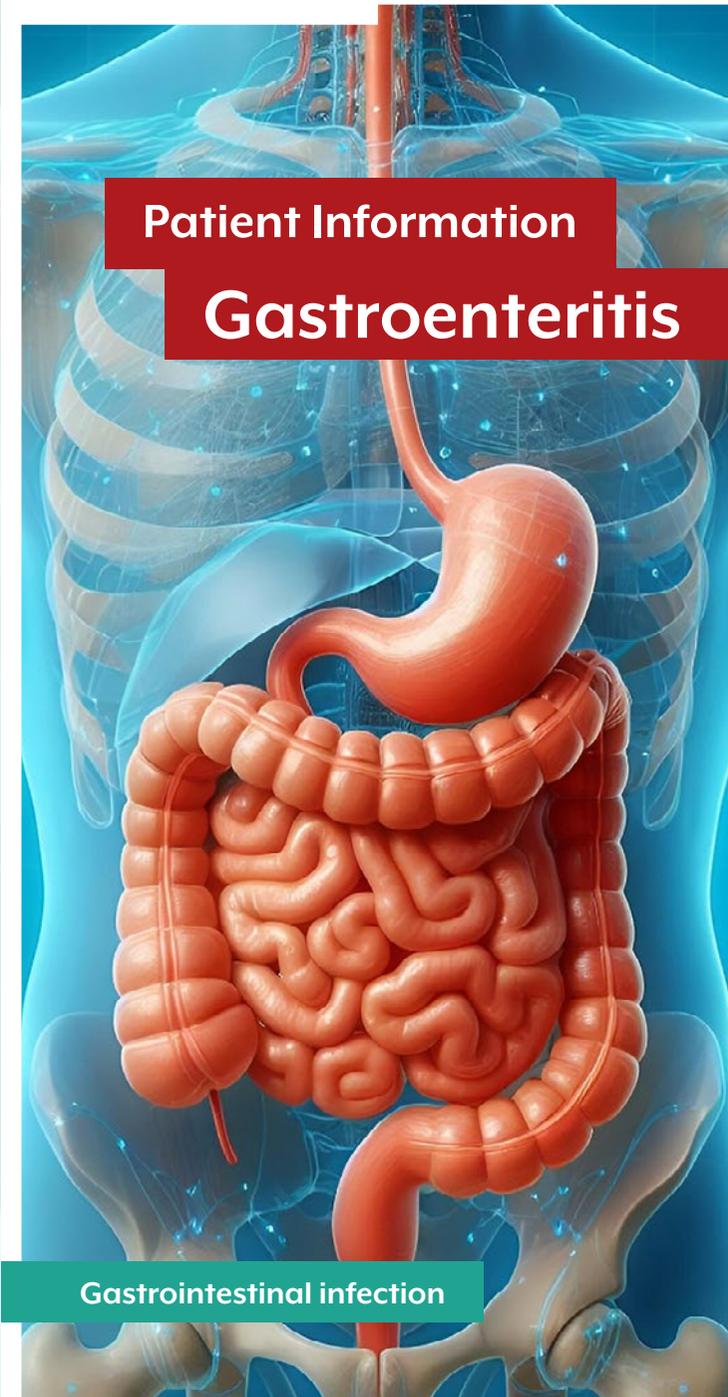
- » Before entering and after leaving your room
- » Before eating
- » After using the toilet
- » Before and after contact with your own wounds or mucous membranes
- » Before and after you administer injections independently (e.g. insulin), catheterise or apply dressings

Disinfectant dispensers can be found all around the hospital and in the rooms, which you and your visitors are welcome to use. Apply abundant disinfectant (at least 2 strokes) to dry hands and cover your entire skin. Thoroughly rub in the product until your hands are dry (at least 30 seconds). In doing so, do not forget the fingertips, the spaces between the fingers and the thumbs.



Patient Information

Gastroenteritis



Gastrointestinal infection

Knappschaft Kliniken GmbH

Department of Hospital Hygiene

* The generic masculine is chosen to improve readability. Thanks for your understanding. The personal designations used refer to male, female and non-gender identities with the same meaning and respect.

Gastroenteritis (Gastrointestinal infection)

What is it?

Gastrointestinal infections are marked by nausea, abdominal pain, vomiting and/or diarrhoea. They rank by far as one of the most common infectious diseases worldwide. Almost everyone is affected by diarrhoea at least once during their lifetime. Often even several times. Consequently, gastrointestinal infections are one of the most common factors in seeking medical help.

What causes gastrointestinal infections?

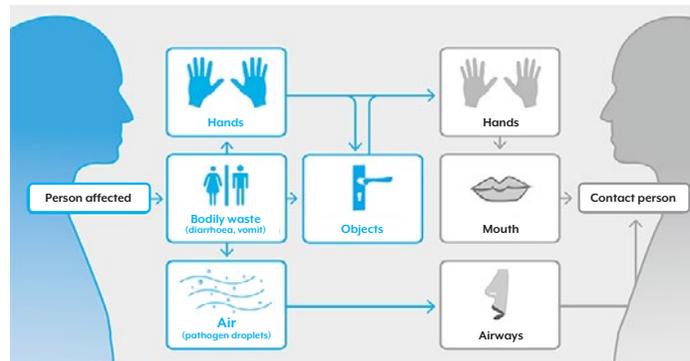
Diarrhoea with vomiting is caused by both viruses and bacteria, rarely by parasites. It is noroviruses and rotaviruses in particular that are responsible for the majority of gastrointestinal infections.

The most commonly known bacteria include Salmonella, Campylobacter or Escherichia coli - species such as enterohaemorrhagic Escherichia coli, or EHEC for short. They have already set in motion many waves of disease in the past. Diarrhoea with vomiting due to food poisoning is chiefly caused by staphylococci. The bacteria produce toxins, which then induce the disease.

How are gastrointestinal infections transmitted?

Gastrointestinal infections are mostly very contagious. There is a variety of transmission routes depending on the pathogen.

Transmission routes of gastrointestinal infections



infektionsschutz.de
Wissen, was schützt.

Source: Federal Centre for Health Education (BZgA) As of: 2016



Source: Federal Centre for Health Education (BZgA), infektionsschutz.de, http://www.infektionsschutz.de/mediathek/infografiken/Übertragungswege_von_Magen-Darm-Infektionen/ <18.04.2024>, CC BY-SA 4.0

How do I deal with a gastrointestinal infection?

Please follow the instructions given by our employees. You should only leave your room when it is absolutely necessary!

Please observe the following hygiene regulations:

- » Always thoroughly disinfect your hands before proceeding with any task.
- » Only use the toilet/commode chair assigned to you. Do not use communal toilets!
- » Close the toilet lid before flushing.
- » Avoid any direct physical contact with other people (shaking hands or hugging).
- » If you are going to leave the room, disinfect your hands and then put on a protective gown and a face mask, if necessary. Our employees are always happy to help.
- » Do not hang around in communal areas (cafeteria or common areas of the ward).

How long do I need to be isolated?

The isolation measures are upheld for at least 48 hours after the end of the symptoms.

Please ask your visitors to:

- » Report to the nursing staff ahead of entering your room! This is vital so that they can be informed about the necessary protective measures.
- » Avoid any unnecessary contact with your surroundings (e.g. hospital bed, bedside table).
- » Always carry out thorough hand disinfection.