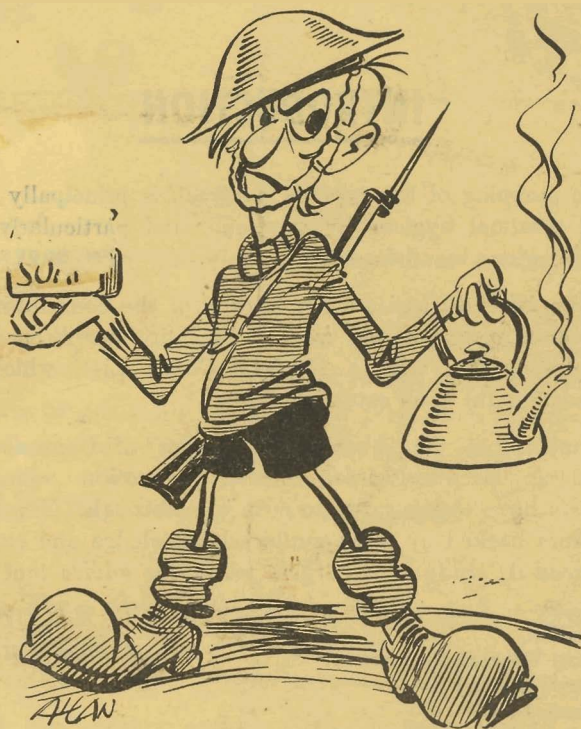


HOW TO STAMP OUT TYPHOID



THIS AFFECTS YOU !!

CORPORATION OF THE CITY OF ABERDEEN



INTRODUCTION

The stopping of the typhoid outbreak is principally a matter of good personal hygiene by everyone, and particularly of good personal hygiene by all food handlers.

In an effort to assist every section of the community in our area a short question and answer brochure has been hurriedly compiled, together with a Hygiene Check List, which should prove most useful to all establishments.

Members of the Aberdeen Chamber of Commerce, food wholesalers, bacteriologists, health education officers and journalists have collaborated to rush this through. This brochure is therefore backed by their combined knowledge and experience. *Please read it, study it and try to follow the advice that it gives.*

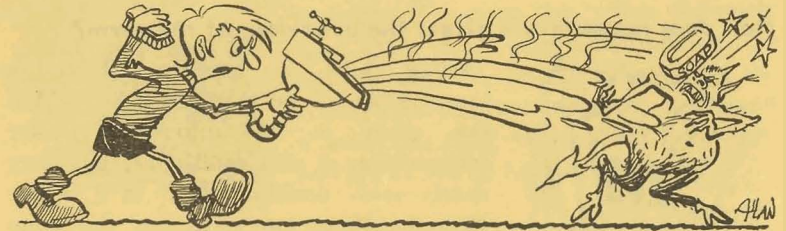
5th June, 1964.

HEALTH AND WELFARE DEPARTMENT,
WILLOWBANK HOUSE,
WILLOWBANK ROAD,
ABERDEEN.

IAN A. G. MACQUEEN,
Medical Officer of Health.

N.B.—This brochure is being sent to 8,000 establishments in Aberdeen—to everyone except householders. For additional copies, if needed, telephone Aberdeen 29206.

HOW TO STAMP OUT TYPHOID



THE FACTS

Does everyone who meets a typhoid case or carrier develop the disease?

No. Before typhoid germs can do any harm, they must be swallowed. For example, bacteriologists are constantly handling live cultures of infectious matter. But even when they get these germs on their hands, they still don't become infected.

Why is that? Have they got a special immunity?

Usually not. They simply follow 3 basic rules:—

1. They always use Soap, Water and a Nailbrush liberally.

This is the most important rule of all.

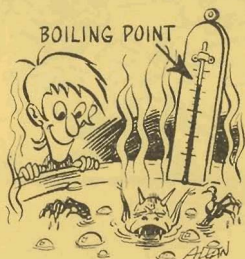
2. No Smoking and No Eating in the laboratory.

3. They have trained themselves to keep their hands and fingers away from their mouths at all times— until they have washed their hands, of course.

What are the best weapons against typhoid?

Want them again? Soap, water and a nailbrush. Also an individual towel for drying.

How does temperature affect the behaviour of the germ?



Boiling kills it quickly. Even a temperature of 56°C . (133°F .) will kill the germ in 15 minutes. Under refrigeration it still multiplies, but very slowly—say, doubling itself in 8 hours. Between these two extremes the germ multiplies very quickly, doubling itself every 20 minutes.

What are the foods to avoid during an outbreak of typhoid?

The potentially dangerous foods are those which are handled by someone outside the home, and which could be eaten at once without first being cooked or peeled—e.g., cream cakes, cooked or cold slicing meats, lettuce, tomatoes, apples, unwrapped sweets and confectionery.

What are the safe foods?

Anything that is well-cooked, or which can be peeled, like bananas, oranges and so on; you can wash the banana, then peel it, and then wash your hands after throwing the peel in the dustbin. Alternatively, anything which has been subjected to sufficient heat—pasteurised milk, canned fruit, etc.

All of us handle money at some time or other. Could money carry the germ?

It is just faintly possible. In this respect bank-notes are worse than coins. Remember the bacteriologist. Don't liek your fingers when you are counting notes or are turning over the page of a book!

Any advice for children?



Yes. They love to put things in their mouths—pencils, toys, thumbs and anything handy! Obviously they must be encouraged to stop this. But the most vital thing of all—for grown-ups as well as for children—is to remember the golden rule. Always use soap, water and a nailbrush after visiting the bathroom, and before eating or touching food.

What should people do who get diarrhoea at this time?

Stay off work or school. It may be of no consequence at all—but call in the doctor and let him decide.

Although travelling from Aberdeen to other parts is strongly discouraged, industry cannot grind to a halt. What should be done about lorry-drivers, commercial travellers, etc., leaving Aberdeen in the course of their duties?

They should carry a towel or a box of large paper tissues with them. At each fresh call they should make a point of asking permission to wash their hands. If they do this, they can't possibly spread infection.

Can the typhoid germ be airborne?

Definitely not. It must be swallowed. That is why soap, water and a nailbrush are the finest weapons against it.

Have any people got special responsibilities at this time?

Yes. Those who handle food, either at home or in the course of their daily work. They have a far greater responsibility than any other section of the community. One careless person handling food could infect several others.

What about tea and coffee breaks?

All cups, saucers and cutlery should be thoroughly washed in hot water. They should then be steeped in clean, boiling water. After draining, they should be left to dry themselves. Discourage the sharing of food.

Is our drinking-water safe?

Yes. All the water supplies in this country contain chlorine, which kills typhoid germs, and the concentration of chlorine locally has been stepped up as an additional safeguard.

How often should toilets be disinfected and inspected?

Every day. Make sure that someone is responsible for daily inspection. And don't forget to disinfect the handle of the pull-chain and the w.c. seat.

Can you give examples of good disinfectants for domestic use?

If in doubt, consult your chemist. Follow instructions for dosage.



What about towels?

Individual towels or paper towels are probably best. Automatic roller towels are also safe, but make sure that they are working and are adequately filled!

HYGIENE CHECK LIST

With the best will in the world it is sometimes difficult to remember to put into practice all the different safeguards which go to make up good hygiene. We therefore suggest that you make use of the following Check List, as the quickest way of ensuring that no important precaution has been overlooked.

Soap, Nailbrushes and Towels.

- Does each toilet have soap and nailbrush provided?
- Do you have in each toilet a good supply of paper towels or individual towels or automatic roller towels?
- Where children are involved, do you provide paper or individual towels, as they may not be able to reach or pull down a roller towel?
- If you use automatic roller towels, are they properly loaded and working smoothly? And are they enough to last throughout the day when pulled down by each successive user?

Disinfecting Toilets.

- Are toilets being disinfected daily?
- Have you appointed someone to inspect the hygiene and cleanliness of ladies'/gent's. toilets, rest rooms, canteens, etc., on a daily basis?
- Are those who disinfect toilets fully aware of what has to be disinfected? Not only the pan and both sides of the seat, but also the cistern handle, the taps on wash-basins, baths and showers and the handle and lock on both sides of the bathroom door?

and Coffee Breaks.

Does each member of staff wash before eating?

Are all cups, saucers and cutlery being carefully washed in hot water?

Are they then steeped in clean, boiling water before being left to drain and dry themselves?

Have you discouraged the sharing of food and sweets?

Bank-notes, Postage and Insurance Stamps.

(N.B.—These precautions are primarily aimed at bank tellers, cashiers, and all who are likely to handle money or stamps frequently.)

Are there adequate supplies of rubber thimbles, or sponges moistened with a little antiseptic?

Have members of staff been warned not to lick fingers when counting bank-notes, or not to lick stamps, receipts, etc.?

Have members of staff been warned to wash after finishing such jobs as counting bank-notes or coins?

People Leaving To Work Outside Aberdeen.

Do they carry a towel or a supply of paper tissues/towels with them?

Have they been advised to ask permission at each call to wash their hands?

Knowledge of Typhoid.

Does each member of staff know how the disease is spread?

Does each member of staff know to stay off work and consult his doctor if he has been in close contact, or has eaten food with, a typhoid case?

Does each member of staff know exactly which processes in his work involve any risk of contact with infected material and so require subsequent washing before hands touch food, mouth or lips?

Does each member of staff know what types of food constitute the greatest risk?

Does each member of staff know that he should practice good hygiene at home no less than at work?

Does each member of staff appreciate that the time to be careful—the time when personal hygiene is most likely to break down—is when worried or hurried or tired?

ADDITIONAL HYGIENE CHECK LIST

(N.B.—For handlers of Food and Drink only)

Have you consulted your Wholesale or Retail Chemist to ensure that you are using **the right type of disinfectant and the right strength of solution**?

Whatever food or drink you handle, a satisfactory disinfectant should have the following properties:—

1. It should be fully approved by the appropriate Government Department.
2. It should be strong enough to kill typhoid germs, even when the concentration has been reduced by contamination or by frequent use.
3. It should be non-corrosive and deodorant.
4. In all probability you will be advised to use a Hypochlorite, a Quaternary Ammonium Compound or an Iodophor. Just choose whichever is tailor-made for your own purpose.

Ham Slicing Machines.

Daily Use. When the machine is in operation, do you use a stainless steel or plastic spatula/tongs to pick up the meat as it falls away from the machine?

(If so, please keep the tongs or spatula in an open tray containing about half-a-gallon of disinfectant solution. If you have to put your hand into the solution to pick up the tongs, so much the better! Just shake off the drips before serving.)

If you don't have tongs or a spatula, do you use greaseproof paper on your hand when collecting the sliced bacon or meat?

(Avoid the direct use of hands.)

Daily Cleaning.

Do you clean the ham machine every night?

Is the edge of the knife on your machine shining brightly?

(N.B.—If not, get another one. A black knife-edge is a breeding-ground for germs of all kinds.)

Do you use a sterilised wooden or plastic spatula for scraping the knife-edge?

(If you use a ham knife, the knife-edge on your machine will become pitted, black and once more a breeding-ground for germs. It should be *gleaming*.)

After removing all scraps from the machine, are you using the following procedure?

(After washing your hands, use a cloth with hot water and detergent to clean down the machine. Clean the machine once again with a cloth that has been soaked in disinfectant solution. Because your disinfectant should be non-corrosive and deodorant, leave it on the machine all night, but use the recommended pure vegetable oil on the machine first thing in the morning before starting to slice.)

Do you change your disinfectant once/twice a day according to use?

(Iodophor solutions are self-indicating. When the concentration falls, the colour changes. Just remember to change the other solutions whenever contamination rises, or after frequent use.)

Milk.

Since bottle tops are occasionally loose, does everyone know to handle milk bottles by the waist?

When opening a milk bottle, does everyone know to tear off the top rather than press it down with the thumb?

Are all milk bottles thoroughly scalded after emptying?

Where 10-gallon containers are used, does everyone know how important it is to keep hands away from the neck of the container when opening or closing?

Do you always use a clean, long-handled measure to draw milk out of the can?

Deep Freeze Units (Monthly Cleaning).

Do you use a sterilised wooden spatula to scrape the ice off?
(There is no need to remove the stock. Just collect and remove the ice from the unit afterwards.)

Cold Rooms (Weekly Cleaning).

Do you use a disinfectant when cleaning the floor, walls, racks, hooks, and all working surfaces?

Refrigerated Counter Units (Daily Cleaning).

Refrigerated Cabinets (Weekly Cleaning).

Ice-cream Utensils.

Do you keep them in a disinfectant solution when not in use?

TO STAMP OUT TYPHOID



FOLLOW ALICKIE'S EXAMPLE