



# PREVENTIVE MEDICINE UPDATE!

**PREVENTIVE MEDICINE: "PROTECTING THE PROTECTORS OF THE NATION!"**

For after hours emergencies, please dial (843)321-6547 or 321-6561.

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### 1: **Current Outbreak:** Viral gastroenteritis (VGE)/ Possible Norovirus

#### 1. VGE:

What is viral gastroenteritis? Viral gastroenteritis is an infection caused by a variety of viruses that result in vomiting or diarrhea.

Frequent hand washing with soap and water is the most effective means of prevention. The recommended procedure is to rub hands together vigorously for 20 seconds and then thoroughly rinse the hands under a stream of water. Alcohol base hand sanitizers can be used to supplement regular hand washing, but are only effective if the hands are not visibly soiled. The best option is to wash hands with running water and soap, dry them, then follow up with sanitizers.

\*\*\* remember, the chow hall has a self service buffet style line where DIRTY hands can leave germs behind for the rest of the Battalion. Please make sure hands are washed thoroughly before going to chow\*\*\*

#### **If a recruit vomits in the barracks:**

A. Ensure area is isolated or cordoned off as soon as possible after the incident is discovered.  
(viral particles can be disseminated as far as 25 feet from the site of the vomiting incident)

B. If possible have the recruit that vomited clean it up to prevent new exposures following the 5 steps below:

#### **Clean-up procedures:**

1. Put on Personal Protective Equipment. (Gloves)
2. Cover vomit with paper towels and spray area with bleach (use caution with bleach; will bleach-out uniforms, carpet, etc) and leave for at least 10 minutes to ensure adequate contact time with the chemicals.
3. Remove the paper towels and residuals and place them into a trash bag, immediately tie it closed, and take it to the dumpster outside.
4. Spray the cleaned area with bleach and let sit for at least 10 minutes.
5. Let the area air-dry.

Drill instructors and other base staff members can get sick too. It is important to keep your self healthy and prevent taking these germs home and infecting your families. When possible, leave your uniform at work and shower before going home. If you are getting sick and have more then one bathroom at home, designate one for your use only. You use it, you clean it. Clean the bathrooms with bleach diluted to 5000ppm (1:10) and follow the same steps outlined above if someone vomits at home.

ADDITIONAL INFO: [VGE](#) (Press CTRL and click on it)

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