

Further Advice

Advice is available at the following links

HSE guidance on avoiding ill health at open farms

<http://www.hse.gov.uk/pubns/ais23.pdf>

Health protection Scotland

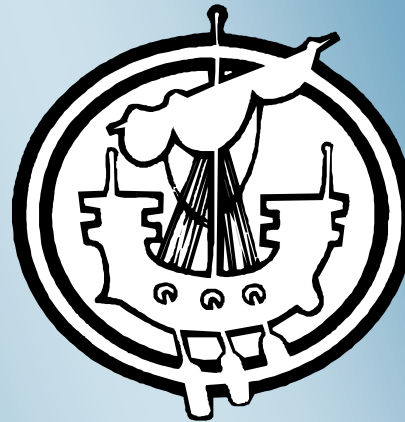
<http://www.hps.scot.nhs.uk/ewrl/article.aspx>

<http://www.scotland.gov.uk/Resource/Doc/37428/0012529.pdf>

If anyone who has been taking part in activities where there are animals becomes unwell they should seek healthcare advice and explain the activities they have been taking part in.

Ticks

Advice on awareness about ticks is available in a further leaflet in this series.



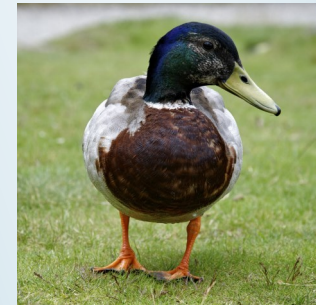
Comhairle nan Eilean Siar

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Stay safe in the countryside

Hygiene advice for outdoor activities



Comhairle nan Eilean Siar

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IMPORTANT INFORMATION

Introduction

It is very important that people are able to enjoy activities outside to get good exercise and fresh air.

As most areas in the Outer Hebrides are used for grazing stock and have wild animals grazing as well, it is good to take everyday precautions to prevent illness.

All animals naturally carry a range of germs, some of which can be transmitted to humans, where they may cause ill health. Some of the infections can be very serious, especially to young children or the elderly.

Whilst the hazard from infection is real, the risks can be controlled by sensible everyday measures.

If you are out and about in the countryside, whether its walking, camping, cross country running or any thing else, you should take a few measures to protect yourself or those you are in charge of, if you are a group leader or organiser.

What are the main risks?

Most of the harmful bacteria or other organisms enter the body by the mouth and the usual way they do this is by hand to mouth contact, whether directly or by food and drink.

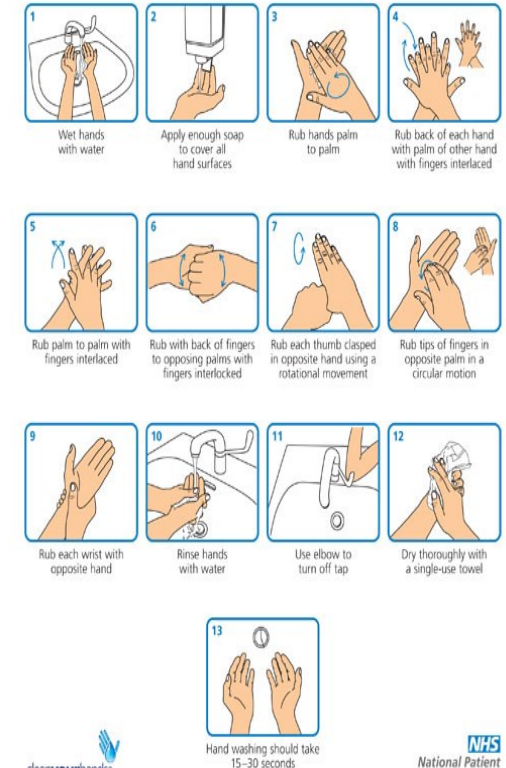
Infection can enter the body through open

How to reduce the risks

- In areas that are visibly affected by animal faeces, if possible avoid activities where you are very likely to come in to contact with the ground, such as camping.
- With other activities, such as walking and running, you are less likely to come into contact with the ground unless you fall, but on wet ground splashes onto clothes could be a problem.
- The key to avoiding potential illnesses is to ensure that everyone practices good hand hygiene, especially before eating and drinking. If washing facilities are available then hands should be thoroughly washed with hot running water and soap following the activity and before eating or drinking. (See next page)
- If washing facilities are not available then visible dirt should be removed using standard hand wipes or baby wipes and when visibly clean alcohol gels or wipes should be used to reduce the numbers of germs.
- Cuts and grazes should be covered by waterproof dressings

**Please note that anti-bacterial agents
will only be effective
if visible soiling is removed.**

Hand-washing technique with soap and water



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Adapted from World Health Organization Guidelines on Hand Hygiene in Health Care

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National Patient
Safety Agency

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