

# HOW TO CLEAN UP VOMIT AND DIARRHEA

Diarrhea and vomit can spread diseases, especially norovirus, so it's important to clean it up right away and to protect the staff who do the cleanup.

## Before Cleaning, Be prepared!

You can buy a pre-made cleanup kit.

If you don't buy a premade kit, have these materials available:

- Disposable gloves (vinyl, latex, or rubber)
- Disposable mask (N-95)
- Disposable plastic apron
- Eye protection, such as goggles
- Absorbent material (such as kitty litter, baking soda, or a commercial product) to soak up liquids
- Disposable scoop or scraper (such as an inexpensive dust pan)
- Paper towels
- Trash bags and ties
- Buckets for detergent and rinse water
- Disinfectant that is effective against norovirus
- Spray bottles for applying disinfectant
- Signs that say "Caution – Wet floor" or safety cones

## First steps

1. Protect yourself: put on the apron, mask, goggles, and gloves.
2. Remove as much material as you can.
  - Hard surface, such as a bathroom floor:
    - Use the scraper or wipe up with paper towels and immediately put the towels in a trash bag.
  - Carpeting and upholstery:
    - Cover the area with the absorbent and wait until the liquid is soaked up.
    - Use the scraper or paper towels to pick up the absorbent and immediately put the towels in a trash bag.
    - DO NOT USE A VACUUM.
3. Wash the area with a strong detergent solution.
4. Rinse the area thoroughly with plain water.
5. Wipe dry with paper towels and put those towels in the trash bag.

## Disinfect to kill any remaining germs

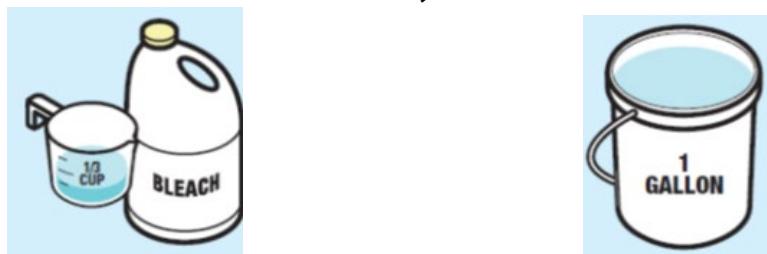
1. Apply the disinfectant.
  - Hard surface, such as a bathroom floor:
    - Apply a disinfectant that is effective against norovirus, such as a strong bleach solution (See the instructions on page 2).
    - Apply the disinfectant to the soiled area AND to the surrounding area.
  - Options for carpeting and upholstery (chlorine will damage these materials):

- Steam cleaning is recommended.
  - An alternative disinfectant such as an accelerated hydrogen peroxide product; many medical centers, hospitals, and nursing homes use this type of product.
2. Leave the disinfectant on the surface for the required amount of contact time, which is 5 minutes for bleach. For other products, see label for directions.
  3. Wipe up the disinfectant with paper towels and put those towels in the trash bag or let the area air-dry.

### Last steps

1. Take off your apron and throw it away. Carefully take off your gloves.
2. Wash your hands thoroughly with soap and water.
3. Take off your mask and goggles.
4. Wash your hands again.
5. Put on clean gloves and rinse any food-contact surfaces that were sanitized such as cutting boards, and mouth-contact surfaces such as silverware.

## MIXING CHLORINE BLEACH FOR DISINFECTION FOR CLEAN SURFACES, 1000 PPM



**$\frac{1}{3}$  CUP  
BLEACH** + **1  
GALLON  
WATER**

### HOW TO SANITIZE:

- Get the surface thoroughly wet.
- Leave the bleach on for 5 minutes.
- Let the bleach air dry.

For food-contact surfaces and eating utensils: rinse with clean water before using them.

## FOR SOILED SURFACES, 5000 PPM



**$1 \frac{2}{3}$  CUPS  
BLEACH** + **1  
GALLON  
WATER**

### References:

Clean-up and Disinfection for Norovirus ("Stomach Bug") [www.disinfect-for-health.org](http://www.disinfect-for-health.org) March 2015  
 OSHA FactSheet: Noroviruses [www.OSHA.gov](http://www.OSHA.gov) May 2008  
 SafeMark Best Practices: Norovirus Information Guide, Ecolab and Food Marketing Institute July 2010