



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 it happens:

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, or a Tyvek® suit
- 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

If it happens:

Step 1 - Clean it up

1. Protect yourself: put on the apron, mask, goggles, and gloves.
2. Cover the area with the absorbent and wait until the liquid is soaked up.
3. Remove as much material as you can:
 - Use the scraper, or wipe up with paper towels and immediately put the towels in a trash bag.
4. Wash the area with a strong detergent solution.
5. Rinse the area thoroughly with plain water.
6. Wipe dry with paper towels and put those towels in the trash bag.

Step 2 - 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 - bleach will damage these materials:
 - DO NOT USE A VACUUM.
 - Use a steam cleaner (recommended)
 - Use quat or a hydrogen peroxide product at the concentration used in health care facilities. Make sure the label says it kills norovirus.
2. Leave the disinfectant on the surface for the required amount of contact time, which is 5 minutes for bleach. For other products, follow the directions on the label.

3. Wipe up the disinfectant with paper towels (and put the used towels in a trash bag), or let the area air-dry.
4. Disinfect everything in a 10-foot circle around the initial area

Step 3 – Take your equipment off *carefully*

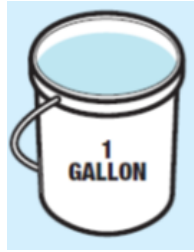
1. Take off your apron or suit and throw it away.
2. Carefully take off your gloves.
3. Wash your hands thoroughly with soap and water.
4. Take off your mask and goggles.
5. Wash your hands again.
6. Bag up the garbage and put it in the dumpster.
7. Wash your hands again.

References:

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

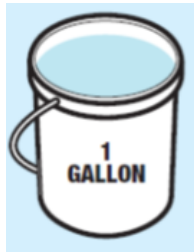
HOW TO MIX CHLORINE BLEACH

FOR CLEAN SURFACES, 1000 PPM



1/3 CUP BLEACH FOR EACH GALLON of WATER

FOR SOILED SURFACES, 5000 PPM



1 1/3 CUPS BLEACH FOR EACH GALLON of WATER

HOW TO DISINFECT:

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

Rinse food-contact surfaces and eating utensils with clean water before using them.