

Cleanup Plan for Vomit & Diarrhea

Be Prepared – have a plan

In the event of a vomit and/or diarrheal accident, diseases including norovirus could spread and contaminate surfaces and persons. Swift action will help stop the spread of contamination and create a clean environment. A first step would be to create and establish a cleanup policy and to have a cleanup kit for vomit and diarrhea onsite.

What Will You Need In A Cleanup Kit?*

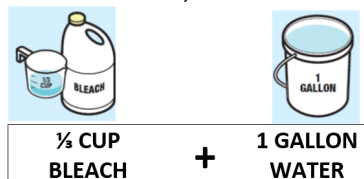
- Disposable gloves (Vinyl, Latex or Rubber)
- Disposable mask (N-95)
- Eye protection
- Disposable plastic apron
- Absorbent material to soak up material (kitty litter, baking soda or commercial product)
- Disposable scoop or scraper
- Paper towels
- Trash bags
- Buckets for detergent and rinse water
- Sanitizer effective against norovirus
- Spray bottles for applying sanitizer
- "Caution Wet Floor" signs

Disinfectant

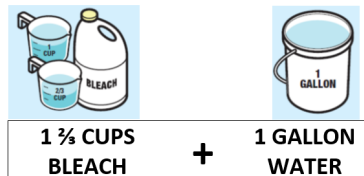
A cleanup plan includes the use of a strong sanitizer solution to disinfect an area where vomit/diarrhea has contaminated. The sanitizer solution must be strong enough to kill norovirus and other germs. Below is a visual diagram on how to mix a bleach sanitizer solution.

MIXING CHLORINE BLEACH FOR DISINFECTION**

FOR CLEAN SURFACES, 1000 PPM



FOR SOILED SURFACES, 5000 PPM



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.

Example of a cleanup plan for vomit and diarrhea*

What's First?

- 1) Protect yourself! Wear; apron, gloves, goggles and mask during clean-up.
- 2) Remove as much material as possible
 - a. Hard surface (Bathroom floor, tile etc.):
 - i. Use scoop/scrapper or wipe up with paper towels. Immediately put material/towels in trash bag.
 - b. Carpeting or upholstery:
 - i. Spread absorbent onto material and wait for liquid to be soaked up.
 - ii. Use scoop or paper towels to pick up absorbent and material. Immediately throw material/towels in trash bag.
- DO NOT USE VACUUM!
- 3) Clean surface with soap and water to remove all remaining solid material.

Disinfect to Kill Remaining Germs

- 1) Apply your mixed chlorine bleach sanitizing solution.
 - a. Hard surface (Bathroom floor, tile etc.):
 - i. Apply bleach solution to effected area as well as the area surrounding using a spray bottle
 - b. Options for Carpet/Upholstery(can be damaged by bleach):
 - i. Steam cleaning is recommended or;
 - ii. Use alternative disinfectant accelerated hydrogen peroxide product (many medical centers, hospitals, and nursing homes use this type of product).
- 2) Leave disinfectant on surface for a sufficient amount of time to kill germs. For Chlorine Bleach solution this will be **5 minutes**. For other products, look for *contact time* on label for instructions.
- 3) Wipe up the disinfectant with paper towels and immediately throw in trash bag or let area air dry.

CLEAN UP

- 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) Throw away trash bag and all other garbage
- 6) Wash your hands again.
- 7) Put on clean gloves and rinse any food-contact surfaces that were sanitized such as cutting boards, and mouth-contact surfaces such as silverware.

References:

*Olmsted County Public Health-How to Cleanup Vomit and Diarrhea

**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

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