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

\[
\frac{1}{2} \text{ CUP BLEACH} + 1 \text{ GALLON WATER}
\]

FOR SOILED SURFACES, 5000 PPM

\[
1 \frac{1}{2} \text{ CUPS BLEACH} + 1 \text{ GALLON WATER}
\]

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.
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/scrapers 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

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