

## Item 5 Clean-up Procedures for Vomit and Diarrhea

### Clean-up of Vomiting and Diarrheal Events 2-501.11.

A food establishment shall have **written procedures** for employees to follow when responding to vomiting or diarrheal events that involve the discharge of vomitus or fecal matter onto surfaces in the food establishment. The procedures shall address the specific actions employees must take to minimize the spread of contamination and the exposure of employees, consumers, food, and surfaces to vomitus or fecal matter.

### Clean-up Procedures for Vomit and Diarrhea

When someone vomits, germs such as norovirus can spread through the air and contaminate surfaces and food up to 25 feet away. Consumers and employees are at risk of contracting norovirus or other illnesses from direct exposure to vomit or from exposure to airborne norovirus from vomit. Effective clean-up of vomit & diarrhea in a food establishment should be handled differently from routine cleaning procedures, and involves a more stringent cleaning & disinfecting process. A clean-up and response plan is intended to address proper procedures to reduce exposures to norovirus or other contaminants. Timely effective clean-up is imperative.

#### First Steps

- Remove all individuals within a 25 foot radius and ask them to wash hands immediately.
- Block entry to contaminated area.
- Dispose all uncovered food, and single use containers and utensils within 25 foot radius.
- Wash all utensils and equipment within 25 foot radius.

#### Clean up

- Remove vomit or diarrhea right away!
  - Wear protective clothing, such as disposable gloves, shoe covers, apron and face mask. Change if they become contaminated.
  - Wipe up vomit or diarrhea with paper towels – place the paper towels over the waste then carefully remove the towels and its contents – do not vacuum the material!
  - Work from the clean areas towards the most contaminated areas to minimize the spread of infectious material.
  - Use kitty litter, baking soda, or other absorbent material on carpets and upholstery to absorb liquid.
  - Dispose of paper towels/cleaning clothes and waste in a plastic trash bag or biohazard bag.

- Place contaminated table cloths, cloth napkins, and cloth towels into a separate plastic bag for transport to laundry or discard.
  - Use soapy water to wash surfaces that contacted the vomit or diarrhea and all nearby surfaces, such as door knobs and toilet handles.
  - Rinse thoroughly with plain water and wipe dry with paper towels.
  - Clean and disinfect any non-disposable tools (mop heads) used.
  - Place disposable protective clothing, rags, and towels in a sealed garbage bag. Seal and place in disposal area.
  - Remove all clothing or fabrics that may be contaminated. Machine wash and dry with detergent and hot water on longest cycle and high heat setting.

**Disinfect surfaces by applying a chlorine bleach solution**

Steam cleaning may be preferable for carpets and upholstery. Chlorine bleach could permanently stain these. Mixing directions are based on EPA-registered bleach product directions to be effective against norovirus.

- Prepare a chlorine bleach solution (CDC & EPA recommendations):
  - ¼ cup of concentrated bleach + 1 gallon water (concentration ~3500ppm) –OR
  - 1 cup of regular strength bleach + 1 gallon water
- Use a spray bottle and saturate the area and surfaces (25 foot radius).
- Leave surface wet for at least 5 minutes.
- Rinse all surfaces intended for food or mouth contact with plain water before use.

**Wash your hands thoroughly with soap and water - Hand sanitizers may not be effective against norovirus.**

# Clean-up and Disinfection for Norovirus ("Stomach Bug")

**THESE DIRECTIONS SHOULD BE USED TO RESPOND TO ANY VOMITING OR DIARRHEA ACCIDENT**

**Note:** Anything that has been in contact with vomit and diarrhea should be discarded or disinfected.

## 1 Clean up

- Remove vomit or diarrhea right away!**
  - Wearing protective clothing, such as disposable gloves, apron and/or mask, wipe up vomit or diarrhea with paper towels
  - Use kitty litter, baking soda or other absorbent material on carpets and upholstery to absorb liquid; do not vacuum material: pick up using paper towels
  - Dispose of paper towel/waste in a plastic trash bag or biohazard bag
- Use soapy water to wash surfaces that contacted vomit or diarrhea and all nearby high-touch surfaces, such as door knobs and toilet handles**
- Rinse thoroughly with plain water**
- Wipe dry with paper towels**

**DON'T STOP HERE: GERMS CAN REMAIN ON SURFACES EVEN AFTER CLEANING!**


## 2 Disinfect surfaces by applying a chlorine bleach solution

Steam cleaning may be preferable for carpets and upholstery. Chlorine bleach could permanently stain these. Mixing directions are based on EPA-registered bleach product directions to be effective against norovirus. For best results, consult label directions on the bleach product you are using.

### a. Prepare a chlorine bleach solution

Make bleach solutions fresh daily; keep out of reach of children; never mix bleach solution with other cleaners.


**IF HARD SURFACES ARE AFFECTED...**  
e.g., non-porous surfaces, vinyl, ceramic tile, sealed counter-tops, sinks, toilets



**3/4**  
CUP OF  
CONCENTRATED  
BLEACH

+

**1**  
GALLON  
WATER



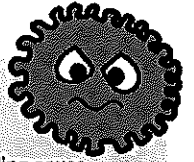
CONCENTRATION ~3500 ppm

IF USING REGULAR STRENGTH BLEACH (5.25%), INCREASE THE AMOUNT OF BLEACH TO 1 CUP.

- Leave surface wet for at least 5 minutes**
- Rinse all surfaces intended for food or mouth contact with plain water before use**

## 3 Wash your hands thoroughly with soap and water

Hand sanitizers may not be effective against norovirus.



### Facts about Norovirus

Norovirus is the leading cause of outbreaks of diarrhea and vomiting in the US, and it spreads quickly.

Norovirus spreads by contact with an infected person or by touching a contaminated surface or eating contaminated food or drinking contaminated water. Norovirus particles can even float through the air and then settle on surfaces, spreading contamination.

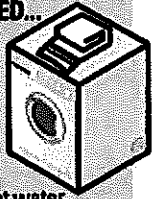
Norovirus particles are extremely small and billions of them are in the stool and vomit of infected people.

Any vomit or diarrhea may contain norovirus and should be treated as though it does.

People can transfer norovirus to others for at least three days after being sick.

### IF CLOTHING OR OTHER FABRICS ARE AFFECTED...

- Remove and wash all clothing or fabric that may have touched vomit or diarrhea
- Machine wash these items with detergent, hot water and bleach if recommended, choosing the longest wash cycle
- Machine dry



Scientific experts from the U.S. Centers for Disease Control and Prevention (CDC) helped to develop this poster. For more information on norovirus prevention, please see <http://www.cdc.gov/norovirus/preventing-infection.html>.



co.somerset.nj.us/health



neha.org



waterandhealth.org



americanchemistry.com



cfour.org

disinfect-for-health.org

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