



# SAN MATEO COUNTY HEALTH SYSTEM

## CLEANING UP AFTER BODY FLUIDS (Urine, Feces, Blood, Vomitus)

Always try to avoid contact with body fluids, as they have the potential to spread infectious organisms. Germs from vomit and diarrhea may travel through the air, so timely clean-up is very important.

Here is a recommended procedure to use when cleaning up these fluids:

1. ALWAYS put on gloves. Disposable gloves made of latex or vinyl is best. Reusable gloves made of rubber are acceptable if they are cleaned and sanitized after each incident. Use mask when cleaning vomitus, feces.
2. Remove the most visible material, working from the least to the most soiled areas. Use a paper towel or single-use cloth for this task. Try not to agitate the material as diarrhea or vomit may become airborne. Place all material and towels in a water-proof bag and seal.
3. Next, clean the affected area with soap or detergent. Work from the least to most soiled areas.
4. Sanitize the area using a 1:10 diluted bleach solution (see next page). Make a fresh solution DAILY. The bleach solution should be left in place for 10 minutes to ensure adequate disinfection.
5. Discard gloves and other items used for cleaning in a plastic bag. Liquid waste can be disposed of in a toilet or utility sink drain. Clean and sanitize re-usable gloves.
6. Wash your hands after removing the gloves.
7. Wash the non-disposable cleaning equipment such as mops and buckets thoroughly with soap and water and then rinse with a bleach solution.

A **SPILL KIT** is helpful to have available to be prepared for body fluid emergencies. The kit should include the following:

- Gloves
- Paper/disposable towels
- Soap/detergent
- Plastic bags
- Household bleach
- Spray bottle for diluted bleach

**For carpeted areas and other areas that may be damaged by the use of chlorine bleach ,disinfection solutions** products such as **Virkon S, Miikro-Bak III, EcoTru, Virox NP9.0 Detergent Disinfectant, or others registered with the EPA** that have label claims for either norovirus or its surrogate feline calicivirus may be used per labeled instructions (CDC, Dallas County Health Services, 2005).

Dilution instructions for bleach solutions:

**1:10 dilution:**  
**Use after cleaning surfaces soiled by blood, feces, & vomitus**  
2 tbsp. bleach in 1 cup water, OR  
1 2/3 cup bleach in 1 gallon water

**1:100 dilution:**  
**Use for sanitizing commonly touched surfaces (hand rails, door knobs, light switches)**  
½ tsp. bleach in 1 cup water, OR  
2 ½ tbsp bleach in 1 gallon water