

Vomit and Diarrhea Clean Up

Vomit and diarrhea have millions of microorganisms that can cause foodborne disease. To prevent the spread of these microorganisms, all foodservice establishments must have a clean-up procedure in place.

Food workers should not clean up vomit or diarrhea.

ASSEMBLE A CLEAN-UP KIT

You can buy a kit from a supplier* or assemble your own. Clean-up kits should contain personal protective equipment and cleaning supplies.

**Note: One readily available clean-up kit (PURELL Body Fluid Spill Kit in Clam Shell Carrier) can be mounted on a wall where it will be easily accessible. It can be purchased online from retailers like Amazon for about \$70.00.*

Personal Protective Equipment*

- 2 pairs of single-use gloves
- 1 face mask
- 1 pair of goggles
- 1 single-use gown with sleeves
- 1 single-use hair cover
- 1 pair of shoe covers

**Note: At a minimum, your kit should have single-use gloves and a pair of goggles.*

Cleaning Supplies*

- 1 sealable, plastic bag with twist tie
- 1 scoop/scrapper
- 1 roll of paper towels
- Absorbent powder/solidifier (such as kitty litter)
- 1-quart bottle of disinfectant

**Notes regarding making your own disinfectants:*

- *If you use concentrated bleach (shown as 8.25% on the label) to make your own disinfectant, add 3/4 cups of bleach to 1 gallon of water.*
 - *If you use regular bleach, (shown as 5.25% on the label), add 1 cup of bleach to 1 gallon of water.*
 - *You can also use commercially prepared disinfectants. The U.S. Environmental Protection Agency has a list of other commercial disinfectants that you can use.*
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BEFORE CLEAN UP BEGINS

- Ask everyone to leave the area within 25' of where the event occurred. This includes customers and workers. In a small food establishment, this may mean closing temporarily.
- Block off this area to keep out anyone who is not cleaning up the area.
- Put on personal protective equipment. At the very least, anyone cleaning up vomit or diarrhea must wear single-use gloves and goggles.

CLEANING UP SURFACES

Many types of surfaces can become contaminated when someone throws up or experiences diarrhea in your establishment. It is important that you use the correct clean up procedure for the surface(s) that are contaminated. Three types of surfaces are common in foodservice establishments:

- Hard surfaces (floors, tables, utensils)
 - Soft surfaces that cannot be laundered (carpet and upholstered furniture)
 - Soft surfaces that can be laundered (linens, towels, and clothing)
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HARD SURFACES

STEP 1: Cover

- Cover the vomit or diarrhea with paper towels or an absorbent powder (such as kitty litter) to soak up liquids.

STEP 2: Remove

- Remove the paper towels or hardened powder with a scoop/scrapper and immediately place them in a plastic bag.

STEP 3: Wash

- Prepare a solution of soapy water.
- Wash all surfaces contaminated with vomit or diarrhea with this solution. This includes all nearby surfaces possibly splashed by vomit or diarrhea, such as chair legs, tables, walls, shelves, or counters. Wash as wide of an area surrounding the vomit or diarrhea as is possible.
- Rinse the soapy water from all surfaces with clean water.

STEP 4: Disinfect

- Using paper towels or a mop with a washable mop head, saturate all washed surfaces with a disinfectant. The disinfectant can be commercially prepared or one prepared inhouse (see "Assemble a Clean-Up Kit").
 - If using a disinfectant that is prepared in house, let it sit for 10 minutes. If using a commercially prepared disinfectant, follow the manufacturer instructions.
 - Rinse all food-contact surfaces with clean water after they have been disinfected. Nonfood-contact surfaces do not need to be rinsed.
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CARPET AND UPHOLSTERED FURNITURE

STEP 1: Cover

- Cover the vomit or diarrhea with paper towels or an absorbent powder (such as kitty litter) to soak up liquids.

STEP 2: Remove

- Scoop up the paper towels or hardened powder with the scoop/scrapper and place in a sealable plastic bag.
- Never vacuum after this step.

STEP 3: Wash

- Prepare a solution of soapy water.
- Using soapy water, wash all carpet and upholstered surfaces contaminated with vomit or diarrhea. Wash as wide of an area as is possible.
- Rinse the soapy water from all surfaces.

STEP 4: Disinfect

- Steam clean the area for 5 minutes at a temperature of 170°F (76.7°C). (Not all steam cleaners can reach a temperature for 170°F (76.7°C), so check the manufacturing specifications.)
 - Upholstered furniture that is soiled with vomit or diarrhea can also be disinfected with a bleach solution (described in "Assemble a Clean-Up Kit"), however, the bleach will discolor the material.
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LINENS, TOWELS, AND CLOTHING

STEP 1: Contain

- Carefully place all contaminated items that can be washed in a washing machine in a plastic bag then seal the plastic bag.

STEP 2: Wash

- Machine wash soiled items in a washing machine using hot water and laundry detergent.
- For loads of all white items, add 5-25 tablespoons of bleach per gallon of water.

STEP 3: Dry

- Dry the just-washed items in a dryer on the high-heat setting.
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AFTER CLEAN UP

STEP 1: Remove

- Remove all personal protective equipment and place in the plastic bag. Do not touch any of the surfaces that were just cleaned as they can be re-contaminated. All personal protective equipment must be taken off before leaving the area that has just been cleaned.
- Place all used cleaning supplies, such as paper towels and disposable mop heads, in the plastic bag. Seal the bag with a twist tie.
- Throw away all uncovered food near the vomit or diarrhea event as well as any food handled by the person who was sick.
- Remove all waste from the facility immediately following local, state, or federal rules.

STEP 2: Clean mops and scoops

- Wash and disinfect mop handles and other reusable cleaning supplies, such as scoops/scrapers, using the same steps as used for hard surfaces.

STEP 3: Wash hands

- Wash hands thoroughly before performing any other duties.
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TRAINING WORKERS ON CLEAN-UP PROCEDURES

- Identify who will be in charge of cleaning up after vomit and diarrhea events.
- Train selected workers in how to use personal protective equipment, wash and disinfect surfaces, and dispose of vomit and diarrhea.
- Training should take place when:
 - the vomit and diarrhea clean-up procedures are first written and put in place,
 - when new workers are hired, and
 - when vomit and diarrhea procedures are changed.