



Public Health
Prevent. Promote. Protect.
Middletown City Health District
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EXAMPLE

CLEAN UP AND DISINFECTING PROCEDURES for Diarrhea or Vomiting Incidents in Public Places

The following information covers the correct procedures for cleaning up a Public Diarrhea Incident (PDI) and/or a Public Vomiting Incident (PVI), the disposing of contaminated waste materials, and the final documentation necessary for appropriate record keeping of the event.

PROPER CLEANING PROCEDURES

All body fluids, including vomit, stool, and blood, should be treated as infectious material. If a worker or customer has vomited or contaminated a surface with body fluid, cleaning by special procedures using a special disinfectant is required. Employees trained in the appropriate use of the Body Fluid Cleanup Kit should respond to an incident in the food preparation or service areas.

The clean-up procedure is a seven (7) step process which does everything possible to protect all people involved – the sick person, the person who is doing the cleaning, and bystanders who just happen to be in the vicinity.

The procedures consist of:

1. Isolating the area
 2. Covering the incident residue to prevent aerosolization
 3. Suiting up with Personal Protective Gear and Mixing the Disinfectant
 4. Disinfecting the contaminated area
 5. Cleaning the contaminated area
 6. Disinfecting again the cleaned contaminated area
 7. Doing the necessary documentary paperwork.
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1. Isolating the area: Assuming that there are multiple people close by to the incident, the first thing to do is to offer assistance to the sick person and get him to a private place. Then get the other people, within approximately a 25 foot radius, away from the scene. Rope off or isolate the area. Your purpose is to keep people away from the site and to let people not walk through the spill area.
 2. Covering the incident residue: Because we know that microscopic particles from a sickness event can be carried in the air, it is important to get the site covered to keep it from spreading. Paper towels, plastic sheets or garbage bags, paper sacks, or anything that is non-porous should be used. The clean-up person should take care to avoid any direct contact with the actual spill.
 3. Suiting Up for personal protection: The person who is going to do the clean-up should first of all go get the Clean-up Kit.
 - Then prepare the disinfectant spray, and use the disinfectant according to the instructions, especially following contact time, or “kill” time, and concentration instructions.
 - Remember to wash your hands prior to putting on all of the Personal Protection Equipment. The presence of Norovirus can only be confirmed through laboratory analysis. Remember that any number of diseases begin with “flu like” symptoms. Even though it is impossible to know initially that one is dealing with NOROVIRUS, it is better be cautious and do the complete suiting up.
 - Go to the edge of the spill site and suit up. Put on the gown, the hair cover, the shoe covers, the face cover, and last the gloves. Put the gloves on so that they cover the gown so that nothing can “crawl” up the sleeves.

4. Disinfecting the Scene: Go to the site, and in close proximity to the spill zone, open the red biohazard bag and the black garbage bag.
 - Carefully remove the covering material and fold it in on itself so that the area that has had direct contact with the body spill is now self-contained. Place the rolled up cover material into the biohazard bag. Spray the covering material with the Disinfectant.
 - Mix a fresh container of disinfectant to the recommended concentration. Using a spray bottle, saturate the absorbent material and surrounding 25 foot radius area, including food contact surfaces.
 - Chlorine bleach (5.25% concentration) can also be used when prepared to a concentration of 5000 parts per million. Mix
 - 1 2/3 cups bleach to 1 gallon of water or
 - 8 1/3 cups bleach to 5 gallons of water
 - The Environmental Protection Agency (EPA) keeps a list of registered disinfectants on its website. Follow manufacturer's directions for mixing and concentration
 - While waiting for the "kill time" to pass, use paper towels and the disinfectant spray and wipe off any other affected surfaces. Remember the health adage to "clean from clean to dirty."

5. Cleaning Up the Spill: After allowing the appropriate disinfectant "kill" time, use the plastic scraper to scrape the residue into the center.
 - Use the scraper to scrape from the outside to the middle. Scoop the material into the red biohazard bag. Tie the red bag closed and place it inside the black garbage bag.
 - Normally a red biohazard bag signals hazardous waste material and must be destroyed as hazardous waste with the attendant special handling and additional cost. Because this material has now been disinfected, it can be placed in the black garbage bag and disposed of as regular trash.

6. Disinfecting Again: After you have gotten rid of the solid residue, come back to the spill site and spray the entire area again. Allow the area to air dry. Many disinfectants also contain cleaning agents so that this can be the final step in the clean-up process.
 - The absolute final step in the clean-up process is the removal of the Personal Protection Equipment. Remove the PPE by folding the gown, shoe covers, gloves mask and hair covers in on itself so that any contamination is contained within the rolled up PPE. Place the PPE in the black garbage bag and tie it closed. Then go WASH YOUR HANDS and if possible TAKE A SHOWER and CHANGE YOUR CLOTHES.

7. Documentation: Document the information of the person who is sick. Information such as: name, address, age, and travel history (itinerary of last few days) should be included. This information is important because it will help with an investigation by the health department to determine the source of the illness and to prevent further transmission. A food history, i.e. where and what has the person eaten the past few days, will be completed by the health department as part of their investigation.

Businesses should use an incident report form to document what actions were taken as a result of someone's being sick. This form should include information such as: the location of the incident, the time and date, and procedures of the clean-up process. This information should be kept on file by the business for at least a year. This acts to document that the business did everything possible to protect all people involved. This information will also be useful for the health department's investigation.

Additional Resources:

<https://vimeo.com/89134675>

<http://nfsmi.org/documentlibraryfiles/PDF/20111012101911.pdf>