

Body Fluid Clean Up Steps



Lincoln-Lancaster County
Health Department

Body fluids (vomit, diarrhea and blood) should be treated as infectious material.
These steps should be followed when cleaning up any body fluid incident.

A child just vomited. What should I do?

- 1. Cover waste** with paper towels. To minimize potential aerosol spread, immediately cover soiled areas with paper towels and/or absorbent powder.
- 2. Move children to a different room** and have them immediately wash their hands.
The child who has vomited should be moved to a separate area away from the other children. Potentially contaminated clothing should be removed and double bagged OR machine washed with detergent, hot water and bleach (if possible) using the longest wash cycle. Machine dry.
- 3. Clean up area with Body Fluid Cleanup Kit.** Only trained staff should be assigned clean up and disinfection tasks. Define the area of contamination and the area to be disinfected.



Use the Body Fluid Cleanup Kit

The Body Fluid Cleanup Kit contains the supplies to protect you from illness and thoroughly disinfect contaminated areas.



- 1 Post signage to STOP entry into the area.** When someone vomits, germs such as norovirus can spread by air and contaminate surfaces as far as 25 feet away.



- 2 Protect Yourself:** Put on protective clothing:

- Put covers over your shoes.
- Put on disposable apron over your clothes.
- Put on the facemask and goggles.
- Put on a pair of disposable gloves.

- 3 Pick up and dispose of waste.** *Do not vacuum material. Pick up waste with paper towels or disposable scraper.* Dispose of paper towels/waste in a plastic bag. Double bag and throw contaminated materials in the trash.



- 4 Clean the area.** Use soapy water to wash surfaces that came into contact with the vomit or diarrhea. Clean all nearby high-touch surfaces, such as door knobs and toilet handles. Rinse with water and wipe dry with paper towels. Double bag and dispose of waste.



Remove and wash all clothing or fabric that may have come into contact with vomit or diarrhea. Machine wash these items with detergent, hot water and bleach (if possible) using the longest wash cycle. Machine dry.

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

over



Disinfect surfaces using a chlorine bleach solution or other disinfectant EPA registered as effective for norovirus. (See attached information on mixing bleach solutions for cleaning up body fluids.) Let surfaces air dry.

Rinse all surfaces that will come into contact with food or mouth with plain water before use. Steam cleaning may be preferable for carpets and upholstery. Bleach can permanently stain these materials.



Wash your hands thoroughly with soap and water for a minimum of 20 seconds. Do a second thorough hand wash.

Reopen the area after the above cleanup procedures have been completed.

A minimum wait time of two hours before reopening the area for care is recommended. Germs from norovirus can aerosolize and remain in the air for up to two hours after an incident.

7

After a body fluid clean up event:

Restock the Body Fluid Clean Up Kit: Reference the Supply List for items.

Keep a record of staff and child absences due to illness.

Lincoln Municipal Code requires child care centers to notify the Lincoln-Lancaster County Health Dept. (LLCHD) within 24 hours when certain illnesses are present. Child care programs are required to report:

1. Three (3) or more children and/or staff in a classroom or group are ill with a reportable communicable disease, diarrhea, or vomiting; OR
2. One (1) child or staff has bloody diarrhea.

When reporting an illness as required by the Code, please use the online report. You can access the Child Care Illness Symptom Report by using the link or QR Code below:

Link: <https://redcap.link/Illnessreporting>

QR Code



Review the event and discuss ways to improve the incident response in the future.

Questions? Contact:

Lincoln-Lancaster County Health Department
Child Care Health Consultation Program
healthychildcare@lincoln.ne.gov
(402) 441-8023