

Vomiting and Diarrheal Cleaning

Preparation

Equipment to protect yourself (personal protective equipment):

- Disposable gloves
- Disposable hair cover
- Disposable shoe covers
- Disposable gown
- Disposable face mask

Clean-Up Kit:

- Disposable mop (avoid wooden mops)
- Mop bucket
- Disposable towels and cloths
- Trash bags/plastic bags
- A disinfectant proven to kill Norovirus

Chlorine-based Cleaning

Mix a chlorine bleach solution using **non-scented** bleach. (Chlorine bleach may damage some fabrics and surfaces so you should spot test areas before applying the solution.)

Bleach solutions should be mixed fresh just before cleaning procedures begin.

Water should be approximately **75°F** as hotter temperatures can decrease the effectiveness of bleach solutions.

For **hard surfaces (e.g. non-porous surfaces, ceramic, sealed countertops, utensils):**

- Bleach solution should contain **1000 ppm** chlorine
- Add **1/3 cup bleach** (5.25 - 6.15% sodium hypochlorite) to **1 gallon water**

For **porous surfaces (e.g. unsealed concrete or natural stone):**

- Bleach solution should contain **5000 ppm** chlorine
- Add **1 2/3 cups bleach** (5.25 – 6.15% sodium hypochlorite) to **1 gallon water**

NOTE WHAT CONCENTRATION OF BLEACH YOU ARE USING AS THIS WILL DETERMINE THE AMOUNT OF BLEACH YOU MUST ADD TO THE MIXTURE. If the bleach you are using is different from the concentrations listed above, see manufacturer's instructions for proper mixing directions.

Other Cleaners

You can also use another disinfectant registered as effective against Norovirus by the Environmental Protection Agency (EPA) (see attached list; **NOT ALL DISINFECTANTS SHOWN ON THE EPA LIST ARE APPROVED FOR USE IN FOOD FACILITIES**). Make sure that product labels contain language which states that they are approved to be used in FDA food facilities **AND** that the label provides adequate directions for use in these settings.

If you have questions, consult the manufacturer for more information on the approval for use of their product on food contact surfaces and/or in food service facilities.

Any product that will be used to sanitize food contact surfaces must be approved by FDA under 21CFR178.1010. See the following link for a list of approved chemicals: <http://www.accessdata.fda.gov/scripts/cdrh/cfdocs/cfcfr/CFRSearch.cfm?fr=178.1010>

Procedure

- 1) WASH YOUR HANDS
- 2) PUT ON PERSONAL PROTECTIVE EQUIPMENT (change if any item becomes soiled)
- 3) CLEANING
 - a) Begin with clean equipment and clean supplies.
 - i) Make sure that cleaning supplies are clean.
 - ii) Begin with fresh cleaner in a spray bottle so that the cleaner solution doesn't become contaminated.
 - iii) If you use a mop and bucket to clean the floor, the mop head should be thrown away and the mop equipment (including handles, mop bucket and wheels, etc.) should be disinfected when finished. Mop equipment can hold bacteria and viruses and can contaminate already-cleaned surfaces.
 - iv) Do not use wooden mops. Some are not sealed and cannot be disinfected properly.
 - b) Clean
 - i) Cleaners (also known as detergents) remove dirt and germs off surfaces so they can be rinsed away with water. Cleaning is important as you must make sure dust and dirt are removed from surfaces before disinfecting or the disinfectant will not be effective.
 - c) Rinse
 - i) Rinsing is an important part of the cleaning process.
 - d) DISINFECTION
 - i) Disinfectants are chemical products that destroy or inactivate germs and prevent them from growing. Disinfectants have no effect on dirt, soil, or dust so surfaces MUST be cleaned (as described above) before they are disinfected.
 - ii) Apply disinfectant to all surfaces in the room, paying close attention to highly-touched areas.
 - (1) Change cloth when soiled.
 - (2) Make sure to allow the disinfectant to remain in contact with the surface it is applied to for the appropriate amount of time (this is referred to as "contact time"). Use the manufacturer's guidelines to determine what the appropriate contact time is.
 - (3) Bleach solutions typically need at least 5 minutes of contact time.
 - (4) If the disinfectant dries before the appropriate contact time has passed, you should re-apply disinfectant to that area.
 - iii) RINSE Food Contact Surfaces
 - (1) BEFORE USE, RINSE ALL FOOD CONTACT SURFACES WITH POTABLE WATER (WATER THAT IS SAFE FOR DRINKING) AFTER THE APPROPRIATE CONTACT TIME HAS PASSED.
 - (2) IF SURFACES ARE NOT RINSED, LEVELS OF THE DISINFECTANT THAT ARE LEFT BEHIND MAY MAKE PEOPLE SICK.
 - iv) Air Dry
 - (1) Allow all surfaces to air dry. Do NOT use towels to dry any surfaces as they may re-contaminate equipment.
 - e) Work from clean to dirty surfaces
 - i) Always begin cleaning in the least dirty areas and clean toward the known, dirtier areas.
 - ii) If you are cleaning up any bodily fluids (such as vomit), you should clean from the edges of the spill toward the center.
 - iii) Bathrooms should be cleaned last.
 - f) Clean from top to bottom
 - i) Carpets and floors should be cleaned last.

- ii) Carpets should be cleaned with a chemical disinfectant that is effective against Norovirus (see attached list) and then carpets should be steam cleaned at 158°F for 5 minutes or 212°F for 1 minute for complete inactivation.
- g) Separate clean from dirty
 - i) Do not place dirty items with, above, or close to clean items.
- h) Laundering of dirty linens/clothing
 - i) Items containing bodily fluids (such as vomit) that need to be laundered should be double-bagged.
 - ii) Handle laundry carefully and avoid shaking it as this can spread the virus.
 - iii) Launder with hot water in a Virkon™ solution or other laundry detergent effective against Norovirus (see attached list) for the longest available cycle length. Laundry should then be machine dried.
- 4) WHEN FINISHED, REMOVE ALL PERSONAL PROTECTIVE EQUIPMENT AND PLACE IN A TRASH BAG.
- 5) WASH YOUR HANDS THOROUGHLY WITH SOAP AND WATER IMMEDIATELY AFTER DISPOSING OF TRASH.
 - a) Hand sanitizers may not be effective against Norovirus and should not be used as a substitute for hand washing.
- 6) CONTACT YOUR INSPECTOR FOR FINAL APPROVAL OF NOROCLEAN PROCEDURES BEFORE RE-OPENING TO THE PUBLIC. Contact information for inspectors by county can be found at: <http://dia.iowa.gov/page27.html>

Resources:

“Clean Up and Disinfection for Norovirus” - Downloadable posters in English & Spanish. Disinfect for Health – Water Quality & Health Council. <http://www.disinfect-for-health.org/resources>

“Norovirus for Food Handlers” - Centers for Disease Control & Prevention (CDC) – Several resources available for download at bottom of web page. <http://www.cdc.gov/norovirus/food-handlers/work-with-food.html>