

Using a Body Fluid Cleanup Kit

When should I use a Body Fluid Cleanup Kit?

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. School nutrition employees trained in the appropriate use of the Body Fluid Cleanup Kit should respond to an incident in the food preparation or service areas. School custodial staff should handle body fluid cleanup in other areas of the school.

An employee has vomited in the kitchen. What should I do first?

The first step is to remove all individuals within a 25-foot radius from the area and ask them to immediately wash their hands. When someone vomits, germs such as Norovirus can spread by air and contaminate surfaces and food as far as 25 feet away. If someone eats these foods or touches these surfaces and accidentally ingests the particles, they can become sick. Potentially contaminated clothing should be removed as soon as possible. Then the clothing should be machine washed in hot water using the longest available cycle and dried on the hottest setting. To block entry into the contaminated area, an employee should be stationed near the entrance. Also, it is important to stop all foodservice operations including preparing and serving food, and dispose of all uncovered exposed food within the 25-foot radius. In addition, discard intact and sealed containers or single-service items within the 25-foot radius if it is not practical to disinfect the surface.

How do I use the Body Fluid Cleanup Kit?

The Body Fluid Cleanup Kit contains the correct supplies to protect you from illness and thoroughly disinfect an area contaminated by body fluids. Only school nutrition employees trained in the appropriate use of the Body Fluid Cleanup Kit should respond.

1. Use Personal Protective Equipment (PPE)

Put on the PPE to protect your clothes and shoes from contamination, to protect your face from splashing and airborne particles, and to protect your hands from direct contact with body fluid.

- Put covers over your shoes.
- Pull the disposable gown over your clothes.
- Put on the facemask with face shield or goggles.
- Put on a pair of disposable, nonabsorbent, medical grade gloves.
 - o Consider double gloving (wearing two gloves on each hand). Replace gloves if they tear or become visibly soiled. Keep hands away from face while wearing gloves.



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2. Contain Waste

Cover the body fluid spill with disposable paper towels, and/or sand, cat litter, or liquid spill absorbent material from the kit.

3. Remove Waste

Remove the solid waste and absorbent material using additional paper towels and a disposable scoop, small shovel, or dust pan. Use care to prevent splashing or contact with other surfaces. Put the contaminated material in the plastic garbage bag. Dispose of the gloves in the garbage bag, and thoroughly wash hands with soap and running water for 20 seconds before putting on clean gloves.

4. Clean Area

Clean the area with disposable paper towels or mop, detergent, and water. This includes surfaces that came into direct contact with body fluids, and surfaces that may have been contaminated with body fluids. **Before disinfecting, all surfaces should be thoroughly cleaned (i.e., not visibly soiled).** Dispose of the paper towels and mop head, if disposable, in the garbage bag. Remove and dispose of gloves into garbage bag. Wash hands and put on new gloves.

5. Mix Disinfectant

Mix a fresh container of disinfectant to the recommended concentration. Transfer solution to a labeled spray bottle.

The Environmental Protection Agency (EPA) keeps a list of registered disinfectants on its website. Follow manufacturer's directions for mixing and concentration.

- EPA-registered disinfectants effective against Norovirus: www.epa.gov/pesticide-registration/list-g-epa-registered-hospital-disinfectants-effective-against-norovirus
- EPA-registered disinfectants effective against blood borne pathogens: www.epa.gov/pesticide-registration/list-d-epas-registered-antimicrobial-products-effective-against-human-hiv-1

Chlorine bleach (8.25% sodium hypochlorite concentration) can also be used. Prepare a concentration of 1,000-5,000 parts per million (ppm).

- Use 4 tablespoons of bleach with 1 gallon of water (solution concentration of about 1000 ppm) on surfaces without direct contact with the body fluid spill
- Use 1 cup of bleach per 1 gallon of water (5,000 ppm) on surfaces that have had direct contact with body fluids
- Check with your chemical supplier to obtain test strips to ensure the concentrations are correct.

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6. Disinfect Area

Using a spray bottle, saturate the cleaned area and surrounding 25-foot radius area, including food contact surfaces, with disinfectant. Follow the manufacturer's directions for concentration and contact time. If a 5000 ppm bleach solution is used for disinfecting, apply for a contact time of 5 minutes. Make sure the area is well ventilated.

7. Rinse Area

Rinse surfaces with clean water and paper towels and/or a disposable mop head. Allow surfaces to air dry. Dispose of the paper towels and/or disposable mop head in a plastic garbage bag. Remove gloves. Dispose of gloves in a plastic garbage bag, wash your hands, and put on new gloves.

8. Discard Potentially Contaminated Food

Dispose of exposed food and food in containers within a 25-foot radius that may have been contaminated by bodily fluid in a garbage bag. Dispose of gloves in a plastic garbage bag, wash your hands, and put on new gloves. Securely tie the garbage bag containing the waste, and place into a second garbage bag.

9. Clean Tools, Remove PPE, and Dispose of Waste

Clean and disinfect any tools, designated non-disposable mop heads, or other non-disposable items used in the cleanup. Remove PPE including gloves and place into a second garbage bag. Use the twist tie to seal the garbage bag. Take the bag to the disposal area specified by your school administration.

10. Wash Up

If necessary, remove and bag soiled clothing. These items should be machine washed in hot water using the longest available cycle and dried on the hottest setting. Wash hands, exposed arms, and face with germicidal soap. Apply hand sanitizer to hands. Put on fresh clothing, if necessary. Wash, rinse, and sanitize all food contact surfaces.

Can we resume foodservice operations?

For surfaces treated with disinfectant within the 25-foot radius, first it is necessary to use a clear water rinse. Next, wash, rinse, and sanitize all food contact surfaces using an approved sanitizer safe for food contact surfaces. After the surfaces have air dried, normal operations can resume.

Additionally, clean and disinfect high touch areas outside of the 25-foot zone, e.g. handles on doors, equipment, dispensers, carts and sinks, telephones, and common areas including dining areas, breakrooms, and restrooms, as a preventive measure.



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Make sure to restock the contents of the Body Fluid Cleanup kit and store it for the next use. Document the cleanup event.

After a cleanup event, all employees should be alert for the signs and symptoms of Norovirus and be reminded to report foodborne illness symptoms to their manager, including vomiting or diarrhea.

This fact sheet is part of a series of three fact sheets on Norovirus control and prevention.

References:

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