

# Vomit & Diarrhea Clean-up Plan

## PURPOSE

In accordance with the Rules Governing the Sanitation of Child Care Centers (15A NCAC 18A .2827) “The childcare center shall have written procedures that employees shall follow when responding to vomiting or diarrheal events that involve the discharge of vomitus or fecal matter onto surfaces in the center.”

## ASSEMBLE A CLEAN-UP KIT

Operators may purchase a kit from a supplier or assemble their own. Clean-up kits shall contain personal protective equipment and cleaning supplies.

### Required Personal Protective Equipment

- Disposable gloves
- Apron
- Mask
- Shoe covers
- Hair restraint

### Recommended Cleaning Supplies

- Caution tape to mark contaminated area
- Dedicated bucket and disposable mop heads
- Absorbent powder/solidifier (such as kitty litter or baking soda)

### Required Cleaning Supplies

- Two disposable plastic bags
- Paper towels
- A scoop or scraper
- A mop and bucket
- Soapy water solution/Cleaning solution
- An approved disinfectant

## BEFORE CLEAN UP BEGINS

- Promptly move ill children to the designated area for children who become ill. Ill staff should be excluded from work or subject to restrictions to prevent transmission.
- Notify trained worker or designated clean up response team, if applicable. Put on personal protective equipment and gather cleaning supplies.
- Contain an area from the epicenter of the event to keep anyone not involved in clean up out of the area. Warning tape or similar barrier should be placed around the area to keep out staff and children until the area has been cleaned and disinfected.

## CLEANING UP SURFACES

Many types of surfaces can become contaminated when someone vomits or experiences diarrhea. It is important to use the correct clean up procedure for the surfaces that are contaminated.

Three types of surfaces common in childcare centers are:

1. Hard surfaces (floors, tables, toilets)
2. Soft surfaces that cannot be laundered (carpet and upholstered furniture)
3. 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 absorbent powder/solidifier to soak up liquids.

### **STEP 2: Remove**

- Remove the soaked paper towels or absorbent powder/solidifier with a scoop/scrapper and carefully place them in a plastic bag. Seal the bag with a twist tie or other effective method.

### **STEP 3: Wash**

- Prepare a solution of soapy water.
- Wash all surfaces contaminated with vomit or diarrhea with this solution. Include all nearby surfaces possibly splashed by vomit or diarrhea, such as chair legs, tables, walls, shelves, or counters within the containment area.
- Rinse the soapy water from all surfaces with clean water.

### **STEP 4: Disinfect**

- Using paper towels or a mop with a washable or disposable mop head, saturate all washed surfaces with an approved disinfectant. The approved disinfectant can be an approved commercially prepared solution, or an approved disinfectant prepared at the center.
- If using an approved disinfectant prepared at the center, allow a minimum 10-minute contact time. If using a commercially prepared disinfectant, follow the manufacturer's instructions.
- Rinse all food-contact surfaces with clean water after they have been disinfected. Wash, rinse, and sanitize these surfaces prior to using for food preparation.
- Non-food 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 cat litter) to soak up liquids.

### **STEP 2: Remove**

- Carefully remove the saturated paper towels or absorbent powder/solidifier with the scoop/scrapper and place in a plastic bag. Seal the bag with a twist tie or other effective method.
- DO NOT vacuum.

### **STEP 3: Wash**

- Prepare a solution of soapy water.
- Wash all surfaces contaminated with vomit or diarrhea with this solution. Include all nearby surfaces possibly splashed by vomit or diarrhea, such as chair legs, tables, walls, shelves, or counters within the containment area.
- Rinse the soapy water from all surfaces with clean water.

#### **STEP 4: Disinfect**

- Area may be disinfected with bleach solution or other approved disinfectant; however the bleach solution may discolor the material. - OR -
  - Steam clean the area for 5 minutes at a temperature of 170°F (76.7°C) (Not all steam cleaners can reach a temperature of 170°F (76.7°C), so check the manufacturer's specifications).
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### **LINENS, TOWELS, AND CLOTHING**

#### **STEP 1: Contain**

\*Handle soiled cloth diapers, training pants, or clothes as stated under 15A NCAC 18A .2819(f).

- Place all washable contaminated items in a sealed disposable plastic bag or other sealed container to transport them to be laundered.

#### **STEP 2: Wash**

- Machine wash soiled items in hot water, laundry detergent and approved disinfectant.

#### **STEP 3: Dry**

- Dry the freshly washed items in a dryer on the highest safe heat setting.
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### **AFTER CLEAN UP**

#### **STEP 1: Remove**

- Place all used cleaning supplies, such as paper towels and disposable mop heads, in the plastic bag. Seal the bag with a twist tie or other effective method.
- Remove all personal protective equipment and place in the plastic bag. Seal the bag with a twist tie or other effective method.
- Throw away all uncovered food in the contained area.
- Remove all waste from the facility immediately for disposal.
- 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. Return cleaning supplies, chemicals and any toxic substances to a locked storage room or cabinet.

#### **STEP 2: Cleaning Mops and Scoops**

- Wash and disinfect mop handles and other reusable cleaning supplies, such as scoops/ scrapers, using the same steps 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 on 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;
  - new workers are hired;
  - periodically as a review;
  - and as vomit and diarrhea procedures are changed.
- Monitor clean-up employees for illness at least 48 hours after the incident. Exclude clean-up employees if they become symptomatic.

**Please keep this document in the facility where it can be readily available for employees and the Regulatory Authority to reference.**