



Cleaning Up Body Fluids

Prepared by the Health Consultant Team at Child Care Aware® of North Dakota

Treat urine, stool, vomitus, blood, and body fluids as potentially infectious. Spills of body fluid should be cleaned up and surfaces disinfected immediately.

- For small amounts of urine and stool on smooth surfaces; Wipe off with paper towel(s). Clean with soap and water.
- Apply a disinfectant to the surface for the required contact time.

For larger spills on floors, or any spills on rugs or carpets:

- Wear gloves while cleaning. While disposable gloves can be used, household rubber gloves are adequate for all spills except blood and bloody body fluids. Disposable gloves should be used when blood may be present in the spill.
- Take care to avoid splashing any contaminated material onto the mucous membranes of your eyes, nose or mouth, or into any open sores you may have.
- Wipe up as much of the visible material as possible with disposable paper towels and carefully place the soiled paper towels and other soiled disposable material in a leak-proof, plastic bag that has been securely tied or sealed. Use a wet/dry vacuum on carpets, if such equipment is available.
- Immediately use a detergent, or a disinfectant-detergent to clean the spill area. Then rinse the area with clean water.
- For blood and body fluid spills on carpeting, blot with paper towels to remove body fluids from the fabric as quickly as possible. Then spot clean the area with a detergent-disinfectant rather than with a bleach solution. Additional cleaning by shampooing or steam cleaning the contaminated surface may be necessary.
- Disinfect the cleaned and rinsed surface by wetting the entire surface with a disinfecting solution of bleach in water or an industrial disinfectant used according to the manufacturer's instructions. For carpets cleaned with a detergent-disinfectant, disinfecting is accomplished by continuing to apply and extract the solution until there is no visible soil. Then follow the manufacturer's instructions for the use of the disinfectant to be sure the carpet is disinfected by the treatment.
- Dry the surface.
- Clean and rinse reusable household rubber gloves, then treat them as a contaminated surface in applying the disinfecting solution to them. Remove, dry and store these gloves away from food or food surfaces. Discard disposable gloves.
- Mops and other equipment used to clean up body fluids should be:
 - 1) Cleaned with detergent and rinsed with water;
 - 2) Rinsed with a fresh disinfecting solution;
 - 3) Wrung as dry as possible;
 - 4) Air-dried.
- Wash your hands afterward, even though you wore gloves.
- Remove and bag clothing (yours and those worn by children) soiled by body fluids.
- Put on fresh clothes after washing the soiled skin and hands of everyone involved.

*Resources :
Caring for Our Children, National Health and Safety Standards, Appendix J*

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