Clean-up and Disinfection for Norovirus (“Stomach Bug”)

THESE DIRECTIONS SHOULD BE USED TO RESPOND TO ANY VOMITING OR DIARRHEA ACCIDENT

Note: Anything that has been in contact with vomit and diarrhea should be discarded or disinfected.

1 Clean up
   a. Remove vomit or diarrhea right away!
      • Wearing protective clothing, such as disposable gloves, apron and/or mask, wipe up vomit or diarrhea with paper towels
      • Use kitty litter, baking soda or other absorbent material on carpets and upholstery to absorb liquid; do not vacuum material; pick up using paper towels
      • Dispose of paper towel/waste in a plastic trash bag or biohazard bag
   b. Use soapy water to wash surfaces that contacted vomit or diarrhea and all nearby high-touch surfaces, such as door knobs and toilet handles
   c. Rinse thoroughly with plain water
   d. Wipe dry with paper towels

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

2 Disinfect surfaces by applying a chlorine bleach solution
   Steam cleaning may be preferable for carpets and upholstery. Chlorine bleach could permanently stain these.
   a. Prepare a chlorine bleach solution
      Make bleach solutions fresh daily; keep out of reach of children; never mix bleach solution with other cleaners

   IF HARD SURFACES ARE AFFECTED…
   e.g., non-porous surfaces, vinyl, ceramic tile, sealed counter-tops, sinks, toilets
   1/3 CUP BLEACH + 1 GALLON WATER
   CONCENTRATION ~1000 ppm

   IF POROUS SURFACES ARE AFFECTED…
   e.g., wooden floors or unsealed concrete or natural stone surfaces
   1 2/3 CUPS BLEACH + 1 GALLON WATER
   CONCENTRATION ~5000 ppm

   b. Air dry surfaces unlikely to have food or mouth contact
   or…
   c. Rinse all surfaces intended for food or mouth contact with plain water before use

3 Wash your hands thoroughly with soap and water
   Hand sanitizers may not be effective against norovirus

IF CLOTHING OR OTHER FABRICS ARE AFFECTED...
   • Remove and wash all clothing or fabric that may have touched vomit or diarrhea
   • Machine wash these items with detergent, hot water and bleach if recommended, choosing the longest wash cycle
   • Machine dry

Facts about Norovirus
   Norovirus is the leading cause of outbreaks of diarrhea and vomiting in the US, and it spreads quickly.
   Norovirus spreads by contact with an infected person or by touching a contaminated surface or eating contaminated food or drinking contaminated water. Norovirus particles can even float through the air and then settle on surfaces, spreading contamination
   Norovirus particles are extremely small and billions of them are in the stool and vomit of infected people.
   Any vomit or diarrhea may contain norovirus and should be treated as though it does.
   People can transfer norovirus to others for at least three days after being sick.
   Scientific experts from the U.S. Centers for Disease Control and Prevention (CDC) helped to develop this poster.
   For more information on norovirus prevention, please see http://www.cdc.gov/norovirus/preventing-infection.html.