



Cleaning Up Body Fluids

Treat urine, stool, vomit, blood, and body fluids, except for human milk, as potentially infectious. Spills of body fluid should be cleaned up and surfaces disinfected immediately.

- a) For small amounts of urine and stool on smooth surfaces, wipe off and clean away visible soil with a little detergent solution. Then rinse the surface with clean water.
- b) Apply a disinfectant following the manufacturer's instructions. See Appendix J.

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

- c) 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;
- d) 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;
- e) 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;
- f) Immediately use a detergent, or a combination detergent/disinfectant to clean the spill area. Then rinse the area with clean water. Additional cleaning by shampooing or steam cleaning the contaminated surface may be necessary;
- g) For blood and body fluid spills on carpeting, blot to remove body fluids from the fabric as quickly as possible. Then disinfect by spot-cleaning with a combination detergent/disinfectant, and shampooing, or steam-cleaning the contaminated surface;
- h) If directed by the manufacturer's instructions, dry the surface;
- i) Clean and rinse reusable household rubber gloves, then apply disinfectant. Remove, dry and store these gloves away from food or food surfaces. Discard disposable gloves;

j) 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 disinfectant solution;
 - 3) Wrung as dry as possible;
 - 4) Air-dried.
- k) Wash your hands afterward, even though you wore gloves;
- l) Remove and bag clothing (yours and those worn by children) soiled by body fluids;
- m) Put on fresh clothes after washing the soiled skin and hands of everyone involved.

For guidance on sanitizers and disinfectants, please refer to Appendix J, Selecting an Appropriate Sanitizer or Disinfectant.

References:

1. Grenier, D., D. Leduc, eds. 2008. *Well beings: A guide to health in child care*. 3rd ed. Ottawa: Canadian Paediatric Society.
2. Centers for Disease Control and Prevention, National Institute for Occupational Safety and Health. 2010. *Preventing exposures to bloodborne pathogens among paramedics*. <http://www.cdc.gov/niosh/docs/wp-solutions/2010-139/pdfs/2010-139.pdf>.
3. Centers for Disease Control and Prevention. 2010. Bloodborne infectious diseases: HIV/AIDS, hepatitis B, hepatitis C. <http://www.cdc.gov/niosh/topics/bbp/>.
4. Pickering, L. K., C. J. Baker, D. W. Kimberlin, S. S. Long, eds. 2009. Infections spread by blood and body fluids. In *Red book: 2009 report of the Committee on Infectious Diseases*. 28th ed. Elk Grove Village, IL: American Academy of Pediatrics.
5. Occupational Safety and Health Administration (OSHA). 2008. Bloodborne pathogens. 29 CFR 1910.1030. http://www.osha.gov/pls/oshaweb/owadisp.show_document?p_table=standards&p_id=10051.
6. Clark, Roger A. 1992. Standard interpretations: 1910.1030, written at the request of Marjorie P. Alloy. Occupational Safety and Health Administration (OSHA). http://www.osha.gov/pls/oshaweb/owadisp.show_document?p_table=INTERPRETATIONS&p_id=20952.