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Fairfield Department of Health  
Environmental Division

# Responding to a Vomiting or Diarrheal Incident

## Background Information:

When the foodservice operation or retail food establishment experiences a bodily fluid exposure incident, immediate precautions should be taken. The risk of exposure to food equipment, staff, and consumers can be reduced if a proper cleanup plan is followed. Use the following steps as a guideline to help reduce the impact of a bodily fluid exposure incident.

### 1. Designate Staff

You should designate staff members who will be responsible for the cleanup of a bodily fluid incident. The staff members should be aware of these procedures and knowledgeable in how to wear Personal Protective Equipment (PPE), and the proper cleanup procedure for a bodily fluid exposure incident.

### 2. Prepare a Cleanup Kit

The cleanup kit is the first major component when dealing with a bodily fluid exposure incident. The kit should contain at minimum the following items:

#### i. Personal Protective Equipment

1. Disposable Medical Gloves
2. Shoe Coverings
3. Eye Protection
4. Apron/Gown

#### ii. Cleaning Supplies

1. Sealable plastic bags or a biohazard bag
2. Paper Towels
3. Scoop
4. Disinfectant
5. Absorbent powder (cat litter, sand, or commercial absorbent powder)

### 3. Clean the incident site and the surrounding areas

Use the following approved cleanup procedure to remove the bodily fluid and disinfect the surrounding areas.

\*Original document courtesy of Franklin County Public Health



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When followed properly, the cleanup procedures will help reduce the immediate risk of further contamination.

1. Put on all necessary personal protective equipment. Ensure that all exposed areas of the face and hands are protected from possible contamination.
2. Contain the fluid. Use disposable towels, cat litter or sand to cover the fluid.
3. Sanitize the entire contaminated area. Use a bleach solution of at least 5000ppm for surfaces up to 25 feet away from incident. This includes all counters, doors, equipment, and utensils. To prepare the 5000ppm solution, use 1 2/3 cups unscented bleach to one gallon of water.
4. Remove the bodily fluid. Use a scoop and dust pan to ensure that all disposable towels, cat litter or sand is removed from the area. Be careful to prevent further contamination. Dump all waste into a secured biohazard or plastic bag.
5. Clean the area with warm soapy water. If a mop head is used, ensure that the mop head is properly cleaned and sanitized prior to reuse. Dump any additional disposable towels, cat litter or sand into the biohazard or plastic bag.
6. Food Protection. Discard any exposed food within 25ft of the incident site.
7. Re-glove. Dispose of the first pair of gloves by removing the gloves at the wrist and then pull down to remove the gloves inside out. Wash hands with warm soapy water for at least 25 seconds before putting on a new pair of gloves.
8. Disinfect. Saturate the area with the bleach solution (5000ppm) for at least 5 minutes. Be sure to properly ventilate the area to prevent the buildup of toxic fumes.  
Examples of areas to disinfect: faucets, cooler handles, doorknobs, toilets, hand rails, table/counter surfaces, surrounding floor area, booths, tables, chairs, utensils, and food equipment.
9. Final Cleanup. Clean up the bleach solution by using disposable paper towels. Ensure that all surfaces are clean and any excess bleach solution is removed from the surrounding surfaces.
10. Removal of PPE. Remove all PPE in a method to reduce recontamination. Place all PPE items in the plastic bag. Seal the bag. Discard the bag in a safe manner.
11. Thoroughly wash hands.

### Bleach solution concentrations

| Bleach Solution (5.25%)-Household<br>Unscented Bleach | Concentration |
|---|---------------|
| 1:10 (1-2/3 Cups Bleach to 1 gallon of water)         | 5000ppm       |
| 1:250 (1tablespoon Bleach to 1 gall of water)         | 200ppm        |

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