Johnston County NC
Environmental Health

Vomit and Diarrhea Clean-up Plan

View more information on Vomit and Diarrhea Clean-Up Here

Purpose

In accordance with 2-501.11 of the FDA Food Code, "A food establishment must have written procedures to implement a plan for employees to follow when responding to vomiting or diarrheal events that involve the discharge of vomitus or fecal matter onto surfaces in the food establishment".

Assemble a Clean-up Kit

You can buy a kit from a supplier or assemble your own. Clean-up kits should contain personal protective equipment and cleaning supplies.

Basic Personal Protective Equipment

- Single-use gloves
- 1 disposable mask or other effective face covering

Basic Cleaning Supplies

- Plastic garbage bags with seal or twist tie
- Paper towels
- Absorbent powder/solidifier (such as kitty litter or baking soda)
- Absorbent powder/solidifier (such as kitty litter or baking soda)
- Disinfectant**

Recommended Personal Protective Equipment

- 1 pair of goggles
- 1 disposable gown with sleeves
- 1 disposable hair cover
- 1 pair of disposable shoe covers

Recommended Cleaning Supplies

- 1 scoop/scraper
- Drop cloth
- Caution tape (for marking contaminated area)
- Dedicated mop and bucket (disposable mop heads recommended)

****Disinfectant:**

- If using concentrated bleach (shown as 8.25% on the label), add 3/4 cups of bleach to 1 gallon of water.
- If using regular bleach, (shown as 5.25% on the label), add 1 cup of bleach to 1 gallon of water.
- Commercially prepared disinfectants effective against Norovirus can be used. The U.S. Environmental Protection Agency has a list of approved commercial disinfectants for reference.

BEFORE CLEAN UP BEGINS

- Promptly remove ill customers, workers, and others from areas of food preparation, service, and storage.
- Contain a 25-30 feet area from the epicenter of the event to keep anyone not involved in clean up out of the area
- Put on personal protective equipment. Anyone cleaning up vomit or diarrhea should at a minimum wear single-use gloves and a face mask or other effective covering.

CLEANING UP SURFACES

Johnston County NC
Environmental Health

Many types of surfaces can become contaminated when someone vomits or experiences diarrhea in the establishment. It is important to use the correct clean up procedure for the surfaces that are contaminated. Three types of surfaces common in food service establishments are:

- Hard surfaces (floors, tables, utensils)
- Soft surfaces that cannot be laundered (carpet and upholstered furniture)
- Soft surfaces that can be laundered (linens, towels, and clothing)

Hard Surfaces

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

- Remove the soaked paper towels or hardened powder with a scoop/scraper and carefully place them in a plastic bag.

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 disinfectant. The disinfectant can be an approved commercially prepared solution, or a solution prepared in-house (see “Assemble a Clean-Up Kit”).
- If using a disinfectant prepared in house, 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.

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 hardened powder with the scoop/scraper and place in a plastic bag.
- Never 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

- 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).

- Upholstered furniture that is soiled with vomit or diarrhea can also be disinfected with a bleach solution (described in "Assemble a Clean-Up Kit"), however the bleach will discolor the material.

Linens, Towels, and Clothing

Step 1: Contain

- Carefully place all washable contaminated items in a disposable bag to transport them to be laundered.

Step 2: Wash

- Machine wash soiled items in a washing machine using hot water, laundry detergent and disinfectant.
- Wash with an effective disinfectant, bleach or other chemical, in accordance with manufacturer's instructions.

Step 3: Dry

- Dry the freshly-washed items in a dryer on the high-heat setting.

After Clean Up

Step 1: Remove

- Remove all personal protective equipment and place in the plastic bag. 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.
- 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.
- Throw away all uncovered food in the contained area, as well as any food handled by the person who was sick.
- Remove all waste from the facility immediately following local, state, or federal rules.

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 (food-handlers double-wash hands).

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.

View and/or Save Vomit and Diarrhea Clean-up Plan

Johnston County NC
Environmental Health