

# Guidelines for Cleaning Spills of Blood and Body Fluids

## Body fluids include:

- urine
- feces (including diarrhea)
- saliva
- blood
- discharge from the nose
- vomit

## Spill Kits

It is a good idea to have a “spill kit” ready to be able to clean up spills of blood, vomit or diarrhea (or other body fluids) that can carry infection.

**Remember, clean first, then sanitize.**

A preassembled spill kit should contain:

- garbage bags and masking tape
- disposable gloves (non-latex)
- paper towels
- detergent
- bleach or disinfectant
- bucket
- mop, cloths, brushes

## In case of a spill of blood, vomit or diarrhea or any other body fluid:

- Wear disposable gloves (or household rubber gloves that can be cleaned and sanitized).
- Use other personal protective equipment as required (goggles, protective clothing, if there is a risk of splashing).

## Hard surfaces

- Soak up and remove most of the spill using paper towels. Place soiled paper towels directly into a plastic garbage bag.
- With a mop or cleaning cloth, clean the soiled area with detergent and water to remove any visible dirt or body fluids.
- After cleaning, sanitize the area using a **low level disinfectant** —a mixture of one cup (250 ml) of household bleach (5% – 6% chlorine) in ten cups (2.5 litres) of water (1 part bleach to 10 parts water) will do. In order to sanitize a surface, let bleach solution stand for one minute before drying.
- If you use a commercial disinfectant, **follow the instructions on the label.**
- Close the bag, using masking tape (to prevent its being opened), deposit in regular garbage.
- Remove gloves and other personal protective equipment, deposit in regular garbage and wash your hands.

## Carpet & upholstery

- Blot up spill with paper towels.
- Place soiled paper towels directly into a plastic garbage bag.
- Apply a household detergent/disinfectant to cover the spot. Let sit 30 minutes.
- Blot up excess liquid with paper towels and dispose of them, as above. Reapply detergent/disinfectant. Let dry overnight.
- Close the bag, using masking tape (to prevent its being opened) and deposit in regular garbage.
- Remove gloves and other personal protective equipment, deposit in regular garbage and wash your hands.
- Steam clean carpet and upholstery, if necessary. Replace heavily soiled carpets and upholstery, that cannot be effectively cleaned and sanitized.

## Cleaning equipment

- Wear disposable gloves (or household rubber gloves that can be cleaned and sanitized).
- Wash mops, cloths and brushes in hot, soapy water and rinse. Ensure that all visible dirt is removed.
- Soak mops, cloths and brushes in a low level disinfectant solution for 20 minutes. Sanitize the mop handle by cleaning and then wiping with a low level disinfectant.
- Clean and sanitize reusable personal protective equipment, such as household rubber gloves.
- Clean and sanitize surface areas and sinks where you have cleaned equipment.