

# Cleaning up Body Substances



Germs can be spread through body substances (e.g., blood, vomit, feces). Protect yourself and others by following the steps below:

# 1

- ✓ Inspect the area thoroughly for splashes or splatters.
- ✓ Restrict the area until it has been cleaned/disinfected and is completely dry.
- ✓ Gather the necessary supplies (e.g., paper towels, gloves, garbage bag, cleaning and disinfectant products).
  - Choose a disinfectant product appropriate for use on body substances (e.g., one part bleach to ten parts water or a hospital-grade disinfectant). Make sure you know how to safely use the product.
- ✓ Clean hands and put on gloves.
  - If there is a possibility of splashing, wear a gown and facial protection.

# 2

- ✓ Using paper towels, wipe up/remove the body substance. Throw out the used paper towels into a garbage bag. Use this same garbage bag throughout the clean-up.
- ✓ Clean the entire area using a cleaning product. Throw out any paper towels used in the garbage bag.
- ✓ Disinfect the entire area. Allow the disinfectant to stand for the amount of time recommended by the product manufacturer (i.e., contact time). Wipe up the area again using paper towels. Throw out the used paper towels into the garbage bag.
- ✓ If the substance got on a carpet, follow the above steps and then have the carpet wet/steam cleaned as soon as possible.
  - Restrict the area until wet/steam cleaning occurs.

# 3

- ✓ Remove gloves (and gown/facial protection, if used) and throw them out into the garbage bag. Tie the garbage bag and throw it out.
- ✓ Clean hands.

