

# Blood and Body Fluid Cleaning and Disinfection

*In the event of contamination of equipment or surfaces with blood, vomit and/or feces, special consideration must be given to the cleaning of these items and surfaces. Cleaning should occur as soon as possible. Failing to properly clean contaminated areas or items can lead to rapid spread of illness.*

## Cleaning blood, vomit and feces

People who clean up blood, vomit or feces should minimize the risk of infection to themselves and others by:

- Wearing disposable gloves, standard procedure mask (or face shield), and a plastic disposable apron or water-resistant gown.
- Using paper towels to soak up excess liquid. Transfer these and any solid matter directly into a plastic garbage bag.
- Cleaning the soiled area with detergent and water, using a single-use cloth.
- Disinfecting the contaminated area with one of the recommended disinfectant solutions (see below).
- Depositing disposable gloves, masks, and aprons into a garbage bag and reusable aprons/gowns into a laundry bag.
- Washing hands thoroughly using soap and warm running water for at least 30 seconds.

Do not pick up glass, needles or other sharp objects with your hands. These should be collected using a brush and dustpan or other mechanical means and disposed of in a safe manner (e.g., into a biohazard container) to minimize the risk of injury due to exposure to sharps.

## Recommended disinfectant solutions

### 1. Hypochlorite (bleach) solution

The recommended level of 1:10 bleach solution is made by adding 1 part household bleach (5.25% hypochlorite) to 10 parts water (or ½ cup of bleach to 4 ½ cups of water, or 125 ml of bleach to 1 litre of water). This will give approximately a 5000 ppm dilution of hypochlorite solution.

- Hypochlorite is corrosive and may bleach fabrics. Mixing bleach with other cleaning/disinfecting agents can be dangerous. Never mix bleach with other products unless the product label specifically allows it.
- Applying the bleach solution to surfaces and leaving to air dry should provide adequate contact time.
- The solution should be freshly made to be most effective. Don't use diluted bleach solutions that are over 24 hours old.

### 2. Accelerated Hydrogen Peroxide solution (0.5%)

There is documented evidence suggesting that this product (trade name "Virox") is also effective against Norovirus, a common cause of viral gastroenteritis (vomiting and/or diarrhea).

- Use as recommended in the product use and safety information.
- A minimum contact time of five minutes is necessary to be effective against gastrointestinal viruses.

*Note: There is insufficient evidence at this time to recommend a disinfectant other than the two listed above where a viral agent (e.g., Norovirus) is known or suspected to be the cause of a gastrointestinal illness or outbreak. Norovirus is considered to be very resistant to many other disinfectants commonly in use.*

**ALERT: Accelerated Hydrogen Peroxide solutions differ from a basic hydrogen peroxide cleaning solution.**

Accelerated Hydrogen Peroxide (AHP) is a patented cleaning and disinfectant solution developed by Virox Technologies (also comes in wipes). It is a combination of commonly used ingredients that when mixed with low levels of hydrogen peroxide dramatically increases its germ-killing potency and cleaning performance.

It is sold by various distributors so you will see different brand names. The important ingredient to look for is the Accelerated Hydrogen Peroxide. Information on AHP products is also available on the Virox web site at [www.virox.com](http://www.virox.com)

Soft furnishing or cloth-covered items should be thoroughly cleaned with detergent and hot water. For disinfection, they can be placed outside in the sun for a few hours. As this is not usually feasible, after being cleaned they should be steam cleaned (strongly recommended) or disinfected with one of the recommended disinfectant solutions (Note: some fabrics may not be bleach resistant).

Contaminated hard surfaces should be washed with detergent and water, using a single-use cloth, then disinfected with one of the recommended disinfectant solutions. If using a disinfectant wipe, use one wipe to clean the surface (instead of soap and water), and then a second wipe to disinfect.

Note: Pre-cleaning is not usually required for items that aren't heavily soiled when using Accelerated Hydrogen Peroxide-based products).

### Treatment of specific materials

Contaminated linens, clothes, towels, cloths, etc., should be washed in the hottest water available and detergent using the maximum cycle length, and then machine-dried on the hot cycle

Vinyl-covered equipment or surfaces should be thoroughly cleaned with detergent and hot water, and then wiped down with one of the recommended disinfectant solutions. If using a disinfectant wipe, use one wipe to clean the surface (instead of soap and water), and then use a second wipe to disinfect.

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