

# Guidelines for Handling Blood or Body Fluids (Urine, Feces, Vomit and Blood)

Avoid direct contact with body fluids (e.g. urine, feces, vomit and blood), as they all have the potential to spread germs. Germs in vomit and diarrhea may travel through the air, so it is important to clean up quickly.

## Spill Kit

A spill kit should be prepared ahead of time and should include the following items:

- Gloves (disposable)
- Paper towel
- Soap and detergent
- Plastic bags
- Disinfectant

## Procedure

The following is recommended:

1. Wear disposable latex or vinyl gloves. Reusable rubber gloves are acceptable as long as they are cleaned and sanitized after each use.
2. Remove all visible material, working from the least to the most soiled areas, using paper towel or single-cloth. If you are cleaning up feces or vomit, be careful not to agitate the material so that virus particles do not become airborne. Put all material in a water-proof bag for disposal.
3. Clean the area using soap or detergent, again working from the least to the most soiled areas.
4. Disinfect the area using an approved broad-spectrum disinfectant following the manufacturer's directions for procedures and length of time to leave on surface. If using bleach, a 1:10 ratio is recommended. Slowly add 1 cup (250 ml) of bleach to 9 cups (2250mls) of water; or ½ cup (125ml) of bleach to 4 ½ cups (1125ml) of water.
5. Discard gloves and other cleaning articles in a plastic bag.
6. Wash hands after removing the gloves. Use soap and water for at least 15 seconds.
7. Wash the non-disposable cleaning equipment (mops/buckets) thoroughly with soap and water and then rinse with an approved disinfectant.

## More information

For further information on dealing with blood or bodily fluids, please contact the Infectious Disease program at 625-8318 or toll free 1-88-294-6630, ext. 8318.

*This fact sheet provides basic information only. It must not take the place of medical advice, diagnosis or treatment. Always talk to a health care professional about any health concerns.*

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