

# Body Fluid Clean-up Steps (Barf Bucket)



Body fluids (vomit, diarrhea and blood) should be treated as infectious material. These steps should be followed when cleaning up any body fluid incident.

## A child just vomited. What should I do?

- 1. Cover waste** with paper towels. To minimize potential aerosol spread, immediately cover soiled areas with paper towels and/or absorbent powder.
- 2. Move children to a different room** and have them immediately wash their hands.  
*The child who has vomited should be moved to a separate area away from the other children.* Potentially contaminated clothing should be removed and double bagged OR machine washed with detergent, hot water and bleach (if possible) using the longest wash cycle. Machine dry.
- 3. Clean up area with “barf bucket” cleanup kit.** Only trained staff should be assigned clean up and disinfection tasks. Define the area of contamination and the area to be disinfected.



## Use the “Barf Bucket” Cleanup Kit

The “Barf Bucket” Cleanup Kit contains the supplies to protect you from illness and thoroughly disinfect an area contaminated by body fluids.



- 1 Post signage to STOP entry into the area.** When someone vomits, germs such as norovirus can spread by air and contaminate surfaces as far as 25 feet away.



- 2 Protect Yourself:** Put on protective clothing:

- Put covers over your shoes.
- Put on disposable apron over your clothes.
- Put on the facemask and goggles.
- Put on a pair of disposable gloves.

- 3 Pick up and dispose of waste.** *Do not vacuum material. Pick up waste with paper towels or disposable scraper.* Dispose of paper towels/waste in a plastic bag. Double bag and throw contaminated materials in the trash.



- 4 Clean the area.** Use soapy water to wash surfaces that came into contact with the vomit or diarrhea. Clean all nearby high-touch surfaces, such as door knobs and toilet handles. Rinse with water and wipe dry with paper towels. Double bag and dispose of waste.



*Remove and wash all clothing or fabric that may have come into contact with vomit or diarrhea. Machine wash these items with detergent, hot water and bleach (if possible) using the longest wash cycle. Machine dry.*

**DON'T STOP HERE! GERMS CAN REMAIN ON SURFACES EVEN AFTER CLEANING!**

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**5 Disinfect surfaces** using a chlorine bleach solution or other disinfectant EPA registered as effective for norovirus. (See attached information on mixing bleach solutions for cleaning up body fluids.) Let surfaces air dry.

*Rinse all surfaces that will come into contact with food or mouth with plain water before use.*

*Steam cleaning may be preferable for carpets and upholstery. Bleach can permanently stain these materials.*



**6 Wash your hands** thoroughly with soap and water.

Do a second thorough hand wash.



**7 Reopen the area** after the above cleanup procedures have been completed.

A minimum wait time of two hours before reopening the area for care is recommended. Germs from norovirus can aerosolize and remain in the air for up to two hours after an incident.

## After a body fluid cleanup event:

**Restock the “barf bucket.”** Reference the “Barf Bucket Supply List” for items.

**Keep a record of staff and child absences** due to illness.

**Call LLCHD’s Communicable Disease Control Program at 402-441-8053 for assistance** with illness clusters . Three children in a group with similar symptoms within a 48 hour period are considered a cluster. Any cluster of cases or an unexpected increase in any illness in a given period may indicate an outbreak.

**Read “Norovirus Illness: Key Facts”** from the CDC. Alert staff and parents to the signs and symptoms of norovirus if the diarrhea/vomiting was consistent with norovirus illness. Remind them to report any vomiting or diarrhea to the child care director.

**Review the event** and discuss ways to improve the incident response in the future.

**Contact LLCHD’s Healthy Child Care Program** for more information on illness exclusion and/or cleaning, sanitizing and disinfecting in early care settings. [healthychildcare@lincoln.ne.gov](mailto:healthychildcare@lincoln.ne.gov) or 402-441-6220.