

CLEAN-UP OF BLOOD OR BODILY FLUIDS GUIDANCE

The Texas Food Establishment Rules require that all food establishments have a procedure for responding to vomiting and diarrheal events. This requirement states:

A food establishment shall have written procedures for employees to follow when responding to vomiting or diarrheal events that involve the discharge of vomitus or fecal matter onto surfaces in the food establishment the procedures shall address the specific actions employees must take to minimize the spread of contamination and the exposure of employees, consumers, food, and surfaces to vomitus or fecal matter.

Note: Effective cleaning of vomitus and/or fecal matter accidents in a food service establishment should be handled differently from routine cleaning/sanitizing procedures.

Why are Vomiting and Diarrhea High-Risk?

- Vomiting and diarrhea from gastroenteritis can spread airborne viruses within a 25-foot radius.
- Viruses like norovirus, rotavirus, and hepatitis A can survive for 12-60 days on surfaces.

Norovirus Facts

- Norovirus causes 58% of foodborne illnesses in the U.S.
- Symptoms include nausea, vomiting, diarrhea, and cramping, lasting 1-5 days.
- Ill persons may shed the virus in their feces for up to two weeks.

Disinfection

- Quaternary ammonium compounds are not effective against norovirus.
- CDC and OSHA recommend chlorine bleach as the preferred disinfectant.
- For a list of EPA Approved Disinfectants : <https://www.epa.gov/pesticide-registration/selected-epa-registered-disinfectants>

Preparing Bleach Solutions

- Use fresh bleach solution within 30 days.
- Avoid mixing chlorine with other chemicals.

Table 1 shows the appropriate bleach concentrations for cleaning spills:

Dilution	5.25% Household Bleach	8.25% Concentrated Bleach	Use
1 part bleach to 10 parts water	1-2/3 cups bleach/gallon	1 cup bleach/gallon	Directly on spills (Porous Surfaces)
1 part bleach to 50 parts water	1/3 cup bleach/gallon	1/8 cup bleach/gallon	Non-porous Surfaces (Hard Surfaces)
1 part bleach to 250 parts water	1 tbsp bleach/gallon	2 tsp bleach/gallon	Food Contact Surfaces

Immediate Actions After a Vomiting Incident

- Block off the contaminated area.
- Stop all food prep if in the kitchen.
- Discard any potentially contaminated food.
- Begin cleanup as soon as possible.

Spill Cleanup Kits

Essential items for the kit:

- Personal Protective Equipment (gloves, face masks, aprons)
- Absorbent powder (e.g., baking soda, cat litter)
- Disinfectants effective against norovirus
- Disposable cleaning tools

Cleaning Procedure

1. Clear the area.
2. Wear protective gear.
3. Cover the spill with absorbent material.
4. Scoop up the material and dispose of it.
5. Disinfect the area with bleach.
6. Remove protective gear and wash hands thoroughly.

Handling Surfaces

- **Hard, Non-Porous Surfaces:** Disinfect countertops, tables, door handles, and sinks.
- **Porous Surfaces:** Avoid chlorine bleach. Use appropriate disinfectants or steam clean carpets and upholstery.
- **Machine Washable Items:** Wash tablecloths, aprons, and uniforms separately at high heat.

For full disinfection, make sure all contaminated areas are thoroughly cleaned and sanitized, especially in food preparation zones.

An incident report should be completed when someone gets sick. Include details like the location, time, date, and cleanup steps. Keep the report on file for at least a year, as it may be needed for an Environmental Health Department investigation.