

Sanitation: Cleaning Soiled Linens and Surfaces

General Principles

1. Handle with care anything contaminated with vomit, feces, blood, or other body fluids:
 - Wear protective gear (gloves, masks, and gowns).
 - Soak up messes with disposable cloths or absorbents like cat litter.
 - Do not shake contaminated linen and other materials.
 - Transport contaminated linen and other materials in waterproof bags.
2. Clean contaminated and surrounding areas:
 - Remove all body secretions from entire surfaces and clean the area with an all-purpose cleaner and water.
3. Disinfect with 0.5% bleach solution – 1 cup of bleach in 1 gallon of water – left on the surface for at least 5 minutes, followed by a hot water rinse. Bleach solution must be freshly made every 24 hours.

Specific Situations

Bed linens, curtains, pillows, and non-disposable mop heads:

- Do not mix contaminated materials with other materials.
- Launder on hot (water temperature 140° and 160°F).
- Disinfect pillows with waterproof covers with 0.5% bleach solution as above.
- Satisfactory reduction of microbial contamination can be achieved at water temperatures lower than 160°F if laundry chemicals suitable for low-temperature washing are used at proper concentrations. Normal washing and drying cycles in a home laundry machine including "hot" or "cold" cycles are adequate to ensure safety. Instructions from the manufacturers of the laundry machine and the detergent or wash additive should be followed closely.

Carpets and upholstery:

- Carefully remove visible vomit, feces, blood, or other secretions.
- Clean contaminated carpet or upholstery with an all-purpose cleaner and water.
- Steam clean at 158°F for 5 minutes or 212°F for 1 minute. Do not vacuum.

Furniture, floors, and other non-porous hard surfaces:

- Carefully remove visible vomit, feces, blood, or other secretions.
- Clean contaminated furniture or other hard surfaces with all-purpose cleaner and hot water.
- Disinfect with 0.5% bleach solution as above.

Fixtures and fittings in toilet areas:

- Carefully remove visible vomit, feces, blood, or other secretions.
- Clean contaminated fixtures and fittings with an all-purpose cleaner and hot water.
- Disinfect with 0.5% bleach as above.

Kitchen surfaces:

- Carefully remove visible vomit, feces, or other secretions.
- Disinfect the area surrounding the accident with a 0.5% bleach solution (as above).
- If the contaminated area is a food contact surface, decontamination must be followed by a clear-water rinse and a final wipe down with a diluted bleach solution (2 teaspoons of bleach into 1 gallon of water).
- Discard any exposed food or food that may have been contaminated.