



### Cleaning/Disinfecting Vomit/Urine/Feces

What is fecal smearing? Fecal smearing may result from chronic gastro-intestinal problems; however, motivations to engage in smearing fecal matter can range from attention seeking purposes to serving a sensory input need. In some cases, there can be several motivations for the individual to engage in this behavior. The individual who has smeared feces may self-stimulate through the actual fecal smearing and/or the response of the caregivers to cleaning. Feces and vomit can contain high levels of pathogenic microorganisms so it is important to clean it up immediately and disinfect the soiled surfaces. Proper cleaning of vomit and fecal matter is critical to preventing the spread of pathogens that cause gastrointestinal illness and other infections.

The following method must be used in cleaning up after a urination, fecal smearing, vomiting or episode.

#### Cleaning Procedures:

- Put on the proper personal protective equipment (rubber or latex gloves and face mask).
- Clear all individuals out of the immediate area, and block off the affected space to prevent re-entry of anyone other than the person cleaning up.
- Have a plastic trash bag at hand to dispose of soiled paper towels immediately.

Hard surfaces: These include floors, walls, windows, toys, etc.

Wipe surfaces first with a damp disposable towel to remove debris or a dry paper towel to absorb excess fluid.

Disinfect the surface with a bleach solution of 1 and 2/3 cups bleach in 1/gallon of water (1:10 dilution) or an EPA-registered disinfectant.

Allow the surface to air dry.

For food-contact surfaces, disinfection must be followed by a clear-water rinse to remove any harmful residue that may have been left by the disinfectant.

Machine-washable items: These items include bed linens, towels, and clothing.

Do not mix contaminated items with non-contaminated items.

Separate soiled items from clean items.

Pre-wash visibly soiled items.

Machine-wash the contaminated items in hot water (at least 140-160°F or 60- 71.1°C) with detergent, using bleach if fabrics are white.

Dry items in a dryer on the high heat setting. Also, dry contaminated items separately from other items.

Fabrics can never be disinfected. They can only be sanitized.

Carpet and cloth furnishings:

Spot-clean areas with a white disposable towel where fecal, vomit or urine contamination has occurred in order to remove visible debris or excess moisture.

Steam clean the area at 170°F (76.7°C) for 5 minutes to disinfect. (Not all steam cleaners can reach a temperature for 170°F (76.7°C), so check the manufacturing specifications.)

Don't use household bleach as a disinfectant on carpets. Bleach will permanently remove color from almost all fabrics.

- After cleaning, disinfect mops or any other cleaning equipment that was used in order to prevent spreading harmful microorganisms to other areas of the home.
- Remove all personal protective equipment, and dispose of the items in the plastic bag.  
\*Personal protective equipment must be removed before leaving the affected area in order to reduce the risk of contaminating other areas of the home.
- Tie the plastic bag closed and discard in an outside trash receptacle.
- Wash hands thoroughly