

SAFE CLEANING: BODY FLUIDS

Body fluids, such as vomit, blood, diarrhea and urine, contain germs that can make you and the children in your care sick. Always follow these guidelines when cleaning up body fluids.

Keep a Cleanup Kit

Have a Cleanup Kit where you can easily find it. Store it in a safe place that children cannot access.



The Cleanup Kit should include:

- A clean change of clothing for each child (provided by a parent or guardian)*
- Garbage bags for any dirty clothes or items
- Disposable, non-latex gloves (e.g., vinyl, poly or nitrile)
- General-use sanitizing solution (1/4 cup bleach per 1 gallon of water)
- Sanitizing solution for surfaces that touch food (1 tablespoon bleach per 1 gallon of water)
- Surface disinfectant wipes and paper towels

Check and restock the contents of the Cleanup Kit each week.

Follow These Steps When Cleaning

Take care of the child and any dirty areas at the same time.

Always use comforting language with children when cleaning up body fluids.†



Caring for the Child

1. Wear disposable gloves (this applies to everyone cleaning up the body fluid)
2. Take the child to a bathroom or changing area away from the other children.
3. Remove all dirty clothing.
4. Place the dirty clothing in a sealed bag.
5. Clean the child thoroughly and dress the child in clean clothing.
6. Throw away the gloves.
7. Wash your hands and the child's hands.



Cleaning Contaminated Areas

1. Wear disposable gloves (this applies to everyone cleaning up the body fluid).
2. Keep the other children away from any dirty areas.
3. Use sanitizing solution to clean any dirty areas.
4. Place any items used to clean the dirty areas in a garbage bag.
5. Place the gloves in the garbage bag; close and throw away the bag.
6. Wash your hands.