



Sioux Lookout
First Nations
Health Authority

CORONAVIRUS COVID-19

INFORMATION SHEET

Cleaning Up Body Substances

November 24, 2020

Germs and viruses can spread through body substances like blood, vomit, and feces. Protect yourself and others by taking these steps:

- 1**
 - ✓ Clean your hands and put on gloves.
 - ✓ Inspect the area thoroughly for splashes or splatters. If there might be more splashing, wear a gown and face protection such as goggles and a mask.
 - ✓ Do not allow anyone in the area until you have cleaned and disinfected and the area is completely dry.
 - ✓ Gather the supplies you will need. These include paper towels, gloves, garbage bag, and cleaning and disinfecting products. Use a hospital-grade disinfectant or mix a bleach solution (one-part bleach to ten parts water). Make sure you know how to safely use these products.

- 2**
 - ✓ Use paper towels to wipe up and remove the substance. Throw used paper towels into a garbage bag. Use this same garbage bag throughout the clean-up.
 - ✓ Clean the entire area using a cleaning product. Throw used paper towels in the garbage bag.
 - ✓ Disinfect the entire area. Allow the disinfectant to stand for the amount of contact time the product manufacturer recommends.
 - ✓ Wipe up the area again using paper towels.
 - ✓ If the substance got on a carpet, follow the steps above. Then have the carpet wet or steam cleaned as soon as possible. Restrict the area until the cleaning happens.

- 3**
 - ✓ Remove your gloves and any other protection and put them in the garbage bag.
 - ✓ Tie the garbage bag and throw it out.
 - ✓ Clean your hands.

