Clean-up and Disinfection for Norovirus (“Stomach Bug”)

These directions should be used to respond to any vomiting or diarrhea accident.

Note: Anything that has been in contact with vomit and diarrhea should be discarded or disinfected.

1 Clean up
   a. Remove vomit or diarrhea right away!
      • Wearing protective clothing, such as disposable gloves, apron and/or mask, wipe up vomit or diarrhea with paper towels
      • Use kitty litter, baking soda or other absorbent material on carpets and upholstery to absorb liquid; do not vacuum material; pick up using paper towels
      • Dispose of paper towel/waste in a plastic trash bag or biohazard bag
   b. Use soapy water to wash surfaces that contacted vomit or diarrhea and all nearby high-touch surfaces, such as door knobs and toilet handles
   c. Rinse thoroughly with plain water
   d. Wipe dry with paper towels

Don’t stop here: Germs can remain on surfaces even after cleaning!

2 Disinfect surfaces by applying a chlorine bleach solution
   Steam cleaning may be preferable for carpets and upholstery. Chlorine bleach could permanently stain these.
   a. Prepare a chlorine bleach solution
      Make bleach solutions fresh daily; keep out of reach of children; never mix bleach solution with other cleaners

   IF HARD SURFACES ARE AFFECTED…
   e.g., non-porous surfaces, vinyl, ceramic tile, sealed counter-tops, sinks, toilets

   1/3 CUP BLEACH + 1 GALLON WATER
   CONCENTRATION ~5000 ppm

   IF POROUS SURFACES ARE AFFECTED…
   e.g., wooden floors or unsealed concrete or natural stone surfaces

   1 2/3 CUPS BLEACH + 1 GALLON WATER
   CONCENTRATION ~1000 ppm

   b. Air dry surfaces unlikely to have food or mouth contact or…
   c. Rinse all surfaces intended for food or mouth contact with plain water before use

3 Wash your hands thoroughly with soap and water
   Hand sanitizers may not be effective against norovirus

For more information on norovirus prevention, please see http://www.cdc.gov/norovirus/preventing-infection.html.

Scientific experts from the U.S. Centers for Disease Control and Prevention (CDC) helped to develop this poster.

消毒方法及消毒剂使用

对于任何呕吐或腹泻事件，应使用这些指示来应对。

注意：任何与呕吐物和腹泻物接触的物品应被丢弃或消毒。

1. 清理
   a. 立即清除呕吐物或腹泻物！
      • 穿戴防护服，如一次性手套、围裙和/或口罩，用纸巾擦拭呕吐物或腹泻物
      • 使用猫砂、烘焙苏打或其他吸湿材料在地毯和布艺上吸湿液体；不要用吸尘器清空材料；用纸巾捡起
      • 将纸巾废弃物放入塑料垃圾袋或生物危害袋
   b. 使用香波水清洗接触过呕吐物或腹泻物的表面和所有周边的高触碰表面，如门把手和厕所把手
   c. 彻底冲洗用清水
   d. 用纸巾擦干

不要停止：细菌可以在表面停留，即使在清洁后！

2. 使用氯漂白剂消毒表面
   蒸汽清洁可能更适宜于地毯和布艺。氯漂白剂可能会永久性地污损这些。
   a. 准备氯漂白剂溶液
      制作漂白剂溶液每天更新；保留在儿童接触范围外；不要将漂白剂溶液与其它清洁剂混合

   IF POROUS SURFACES ARE AFFECTED…
   e.g., wooden floors or unsealed concrete or natural stone surfaces

   1 2/3 CUPS BLEACH + 1 GALLON WATER
   CONCENTRATION ~5000 ppm

   IF HARD SURFACES ARE AFFECTED…
   e.g., non-porous surfaces, vinyl, ceramic tile, sealed counter-tops, sinks, toilets

   1/3 CUP BLEACH + 1 GALLON WATER
   CONCENTRATION ~1000 ppm

   b. 洗干表面， unlikely to have food or mouth contact or…
   c. 冲洗所有打算用于食物或口部接触的表面，用清水

3. 彻底用肥皂和水洗手
   手部消毒剂可能不适用于诺沃病毒

更多关于诺沃病毒的预防信息，请访问http://www.cdc.gov/norovirus/preventing-infection.html.

科学专家们是美国疾病控制与预防中心（CDC）的帮助开发了此海报。