

# How to clean up vomit

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## How to clean up vomit

### *Prepper's guide to cleaning vomit*

#### **How to clean up vomit from the carpet (and other places).**

Are you prepared when vomit happens? It's just an unpleasant fact of life, but vomit happens ~ especially if you have cancer, kids or pets in your household, but vomit is a biohazard. Safeguard your family from spreading the contagion and learn how to clean up vomit properly so no one else gets sick.

You may have been forced to learn how to clean up vomit and did it the wrong way. Now you can learn the right way for next time...

#### **How Preppers Clean Up Vomit**

Vomit is a biohazard and how you treat vomit and other contagion in a pandemic situation is extremely important if not vital to your survival. Norovirus may spread through droplets of vomit that transfer to a person's mouth after making contact with the surfaces where the vomit reached and wasn't properly cleaned. Norovirus is a very contagious virus that causes vomiting and diarrhea. Unfortunately, the norovirus is a relatively stable contagion and survives easily on surfaces (even in freezing conditions). Norovirus is spread through these droplets of vomit through food or water contaminated with fecal matter and as a prepper you should learn how to contain this contagion!

When the vomit hits the fan and all over the carpet, here's what to do...

#### **Step one: Get out your vomit kit.**

The University of Minnesota offers a step-by-step method for the clean up of vomit to avoid norovirus: "Put on personal protective equipment," the University says. This includes "disposable gloves, mask and plastic apron ~ to reduce your exposure to the virus."

Don't have a vomit kit? Get to assembling one now! A kit can provide efficient, safe and sanitary removal of blood, feces, urine and other potentially infectious substances, not just vomit.

The Spill Clean Up kit, right, is around \$14.95 on Prime, and includes all the necessary cleaning tools and personal protective equipment to safely clean up potentially infectious bodily fluids such as vomit, spit, blood, or urine.

### **What should a vomit and spill kit contain?**

Vomit clean up kits generally for all kinds of bodily fluids to include urine and blood. Basic vomit kits are good to own and will provide the basis for a vomit clean up kit, but they generally are good for only one incident. That's not going to cut it if you have a household of ill people. Still, a vomit kit provides the basics and these body fluid cleanup kits are very handy.

### **Generally, a vomit kit will have the basics including:**

1. Nitrile gloves
2. A plastic biohazard scoop
3. Biohazard bag
4. Vomit cleanup powder
5. Disposable cleanup towels
6. Germicidal wipes
7. Personal protective equipment\*

\*The kits tend to be light on the personal protective equipment. For example, they rarely include an apron or goggles, sometimes they include an anti-viral mask. Generally they always include gloves.

### **Assemble your own Vomit kit!**

Preppers go beyond to ensure they have the best kit for pandemics. Create your own vomit and bodily fluid spill clean up kit to prepare for a pandemic or everyday emergency by assembling these items:

**Antiviral masks.** Nature provides a repulsive smell to vomit for a reason. It keeps you away! In the natural world you could just walk away and nature would take care of itself. The Curad anti-viral facemasks will give you the protection you need, working hard to keep harmful germs away from you and your loved ones. It kills 99.99% of tested flu viruses\* in 5 minutes of contact on the surface of the

facemask.

\*For a complete listing of tested viruses, please refer to the product labeling).

**Plastic apron.** A plastic apron is what the university of Minnesota recommends you wear for cleaning up vomit. The apron right is designed with a tear-away cutout that allows for disposable aprons for sanitary and hygienic purposes. Comes in a pack of 50 plastic aprons and useful for so many other messy tasks like art projects.

**Broom brush and dust pan.** You may be able to get a cheap plastic brush and dust pan at the dollar stores. It will be good to have one just for the purpose of cleaning up vomit and other spills so that you don't spread contagion around your home with your regular household cleaning duties.

**Disinfectant sprays and antiseptic wipes.** Disinfectants are an important part of prepping. A disinfectant is a chemical liquid that destroys bacteria, viruses or fungi on surfaces. A disinfectant helps prevent the growth of disease-causing microorganisms. You will want disinfectant wipes for cleaning ancilliary areas and a spray for spraying on your hardwood floors. An antiseptic, sometimes also called a germicide or bactericide also prevents the growth of disease-causing microorganisms, but applies to the skin. After taking off the gloves you'll want an antiseptic to help ensure that in taking off the gloves you don't infect your hands with the biohazard.

**Emesis bags.** You might be able to avoid the whole problem of how to clean up the vomit if you simply had a receptacle. Emesis bags are a solution for cancer patients undergoing chemotherapy or as a way to limit the contagion when you know a loved one is ill. These clever bags have a wide mouth and long receptacle for the contagion. Just tie the bag off at the ring to reduce contamination and smell. They are hard to find anywhere but online, but they are well worth getting into your prepping supplies. Emesis bags are hard to find, even at supply centers near hospitals! Order them online. You'll be glad you did.

**Biohazard Scoop or kitty litter scoop.** A kitty litter scoop is an inexpensive item you can buy at the dollar stores to add to your home made biohazard cleanup kit. Use it to gently lift the unpleasant matter up off the carpet and into a paper towel and then a zipped plastic bag or biohazard receptacle.

NOTE: Some commercially manufactured spill kits include forceps to get at lodge particles and chunks. The Biohazard Fluid Clean Up Kit, right, is around \$7.50 and includes a scoop and a disposable forcep; however, it's missing other components that preppers will want.

**Goggles.** Contagion from a sick person can splatter into your eyes and make you sick through tiny droplets as someone is vomiting if you are in close range or as you clean up. The droplets could be so minuscule that you wouldn't even be aware until it's too late. Use goggles anytime you suspect a pandemic. You can buy cheap disposable goggles at the dollar stores to help combat the problem. Goggles are extremely important in dealing with Ebola and are usually part of a full-face respirator.

**Hazard bags.** For ordinary cold and flu, your kit could include zip lock bags and garbage bags; however biohazard bags provide the ultimate in security. Biohazard bags meet Federal and State regulations for tear resistance.

**Nitrile gloves.** Wearing gloves is important for cleanup. After you are done you need to pull the gloves inside out to limit the contagion.

**Paper towels.** Paper towels for gently blotting and lifting.

**Shower cap or bouffant head covering.** Reserve this for severe contagion.

**Shoe covers.** It doesn't hurt to wear a pair disposable shoe covers! This will help minimize spread of the contagion.

**Vomit absorbing powder.** You might already have vomit cleanup powder in your prepper's pantry and not even know it!

Baking soda can clean up vomit (or baking powder for that matter)! Another powder in the pantry that can help clean up vomit is cornstarch. While these home remedies for cleaning up vomit are fine for ordinary times, preppers know that in pandemic situation it's more critical and a good idea to rely on a commercial product which could have extra absorbing powers to contain the contagion. SuperSorb, pictured right, is an instant absorbent that transforms liquid spills into a manageable gel for easier cleanup.

**Disinfectant.** Absorbing the vomit is one thing, but getting rid of the contagion is quite another. You'll need a disinfectant that kills bacteria and viruses, such as Norovirus, eColi, methicillin-resistant Staphylococcus aureus (MRSA) also called the superbug, and more. OSHA recommends a disinfectant registered to kill HIV-1 and Tuberculosis for final cleanup.

### **Step two: Examine the contents of your kit, suit up.**

Getting vomit stains out of the carpet isn't going to be easy, but when you need to do it, here's how:

#### **See what's inside your kit:**

Spill Magic Biohazard Cleanup Kit, pictured right, includes vomit powder that's odorless, lightweight, non-toxic, non flammable, non-carcinogenic and harmless to humans, animals and the environment. Best of all this kit is OSHA compliant. The kit includes an apron, gloves, a face mask, broom and dustpan, chemical surface wipe, antimicrobial towelette and a biohazard bag with I.D. tag.

**Suit up depending on the mess.** Tie your hair into a pony tail if it's too long then get out the contents of your kit. Start by putting on the facemask and then the gloves. If you are particularly concerned about the biohazard put on the goggles, shower cap and booties. For blood borne pathogens you may need a chemical suit. Read more about Ebola.

### **Step three: Sprinkle the vomit with vomit powder.**

With vomit powder, you layer the absorbent powder onto the vomit and allow a short period for absorption. Then sweep or scrape spillage onto a dustpan, or piece of cardboard into a biohazard bag for easy disposal.

Cleaning vomit from your hardwood floors or tile will be much easier than from carpeting:

**Hardwood floors.** The first order of business is to remove the vomit, but secondarily you'll need the action of enzymes to make sure the hardwoods.

**Tile.** After you've addressed the vomit removal with a vomit powder, you can get to the task of sanitizing the tile. Steramine tablets are ideal for helping you sanitize counters and tile. One tablet of Steramine makes a gallon of sanitizing solution and one bottle makes up to 150 gallons. You mix it fresh so it's more powerful, and it costs just pennies to make.

**Carpets.** Clean vomit off the carpet by allowing a vomit powder to do most of the work. Sprinkling baking soda or cornstarch will work to absorb and help contain the mess of vomit, but there are commercially available vomit powders that can work 60-times better in absorbing the contagion.