

# Norovirus: 3 Steps to Cleaning N.C. Public Health Recommendations

## Introduction

This document provides general guidance for cleaning and disinfecting surfaces that have been contaminated with norovirus.

### 1. Clean Up Surfaces

- 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

- a. **Prepare and apply a chlorine bleach solution according to table below**
  - Make bleach solutions fresh daily; keep out of reach of children; never mix bleach solution with other cleaners.
  - Mixing directions are based on EPA-registered bleach product directions to be effective against norovirus.
- b. **Leave surface wet for at least 5 minutes**
- c. **Rinse all surfaces intended for food or mouth contact with plain water before use**
- d. **Steam cleaning may be preferable for carpets and upholstery**

Recommended Bleach Preparation Quantities		
5.25% Sodium hypochlorite		
		Bleach per gallon of water
Bleach (Free Chlorine) Concentration	1000 ppm	1/3 cup
	5000ppm	1 2/3 cup

Recommended Bleach Preparation Quantities		
8.25% Sodium hypochlorite		
		Bleach per gallon of water
Bleach (Free Chlorine) Concentration	1000 ppm	3 TBSP
	5000ppm	1 cup

3. **Wash your hands thoroughly with soap and water. Hand sanitizers are not effective against norovirus.**

### IF CLOTHING OR OTHER FABRICS ARE AFFECTED...

- **Remove and wash all clothing or fabric that may have touched vomit or diarrhea**
- **Machine wash these items with detergent, hot water and bleach if recommended, choosing the longest wash cycle**
- **Machine dry**

### Additional Information

Centers for Disease Control and Prevention's "Preventing Norovirus Infection" webpage  
<http://www.cdc.gov/norovirus/preventing-infection.html>