

NOROVIRUS

Cleaning Checklist

Norovirus (the “vomiting disease”) can spread quickly and regular cleaning isn’t always enough to stop its spread. Use this guide to disinfect effectively during illness and after symptoms improve.



Solution to clean and disinfect:

General surfaces:

5 tablespoons bleach + 1 gallon of water

Vomit or diarrhea cleanup:

25 tablespoons bleach + 1 gallon of water

View the EPA's full list of approved disinfectants [HERE](#).

Do not use these:

- Alcohol-based cleaners
- Vinegar
- Essential oils
- Hand sanitizer
- Quick-dry sprays

QUICK CLEAN

Use when someone is actively sick or immediately after exposure.

- ☐ Wash hands with warm soap and water, then wear gloves if available.
- ☐ Disinfect door knobs, light switches, toilet handles, toilet seats
- ☐ Disinfect sink handles, counters, appliance buttons
- ☐ Disinfect phones, remotes, trash can lids
- ☐ Replace toothbrushes

Wear gloves (*and a mask if possible*) to clean / dispose of bodily fluid.

Use bleach solution above (*not household cleaners*).
Allow surfaces to air dry.

DEEP CLEAN

Use after symptoms subside and again 48 hours later

- ☐ Wash all bedding, towels, and clothing on a hot cycle. Dry on high heat.
- ☐ Wipe down bed frames, night stands, areas around the bed.
- ☐ Steam clean upholstered furniture arms and plush toys if possible.
- ☐ Run dishwasher-safe toys through a sanitize cycle in the dishwasher.
- ☐ Wipe car interiors including the steering wheel, gear shifter, and door handles.

Use bleach solution above (*not household cleaners*).
Allow surfaces to air dry.

HYDRATION REMINDER

Norovirus causes rapid fluid loss and children are at high risk. Dehydration can be more dangerous than gastro symptoms, so encourage small, frequent sips of fluids. Offer oral rehydration fluids such as Pedialyte and visit Urgent Care if symptoms persist.