

Hepatitis A

Prevention and Control

WHAT IS HEPATITIS A?

Hepatitis A is a highly contagious liver infection caused by the hepatitis A virus. It can cause jaundice (yellowing of skin or eyes), fever, fatigue, nausea, vomiting, dark urine, pale stools, or diarrhea. The hepatitis A virus is spread through feces or blood by direct contact with infected persons or eating or drinking of contaminated food or water. The hepatitis A virus can live on surfaces for months. Proper hand hygiene, cleaning, and disinfecting are necessary to prevent and control the spread of hepatitis A.

Surfaces that are frequently touched should be cleaned and sanitized often:



Computer keyboards



Doorknobs



High chairs



Phones



Railings



Kitchen surfaces



Toilet room surfaces



Toys/Recreation equipment



Remote controls



Light switch plates



Tables and chairs



Wheelchairs/walkers

CLEANING SAFETY TIPS



Use chemicals in well-ventilated areas.



Keep cleaning products away from food and food storage areas.



Don't mix chemicals.



Handle contaminated material as little as possible.



Throw away cleaning products in a properly sealed and secured trash container.

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CLEANING UP VOMIT OR FECES

1. Use personal protective equipment (PPE): gloves, masks and protect your clothing.
2. Block off the area where there is vomit or feces immediately.
3. Clean up visible vomit or feces using disposable absorbent material (paper towels or other type of disposable cloths) and minimize aerosols.
4. Discard soiled items carefully in a plastic bag.
5. Disinfect area and objects surrounding the contamination with an appropriate disinfectant effective against hepatitis A. See "Effective disinfectants" below.
6. Take off gloves, mask and protective clothing, in that order, and discard PPE in a plastic bag before exiting contaminated clean-up area.
7. Wear new gloves to dispose bag to a trash container; do not allow the bag to touch any clothing.
8. Wash your hands thoroughly with soap and water for at least 20 seconds.

EFFECTIVE DISINFECTANTS

Always wears gloves and protect your clothing when using disinfectants. Chlorine solutions should only be used on non-porous surfaces.



1²/₃ cups
bleach

+

1 Gallon
water

=

**Chlorine
solution**

**Mix and use the chlorine solution within 20 minutes.
Allow 1 minute of contact time, then rinse with water.**

Other disinfectants can be used only if they are clearly labeled for "Hepatitis A use." Most Quaternary Ammonium disinfectants are **NOT EFFECTIVE** against hepatitis A. For bleach damageable surfaces, use a registered product against hepatitis A.