



HEPATITIS A DISINFECTION GUIDELINES

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For more information on Hepatitis A, or to report individuals with vomiting, diarrhea or fever associated with food consumption, contact **Public Health Disease Control**
(951) 358-5107 • www.rivco-diseasecontrol.org

Hepatitis A is a liver infection caused by the Hepatitis A virus. Highly contagious, the Hepatitis A virus is usually transmitted by the fecal-oral route, either through person-to-person contact or consumption of contaminated food or water. Contamination can occur when infected persons do not wash their hands properly after going to the bathroom and then touch other objects or food items. Surfaces that are frequently touched should be cleaned and sanitized often.

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| • Restroom surfaces | • Kitchen surfaces | • Doorknobs | • Recreation equipment |
| • Light switches | • Phones | • Computer keyboards | • Railings |
| • High chairs | • Tables and chairs | • Wheelchairs and walkers | • Remote controls |

BEST WAY TO PREVENT HEPATITIS A

Food handlers can become infected with Hepatitis A through causes unrelated to their food facility work and can potentially spread the virus before the infection is recognized.

The best way to prevent food service from spreading Hepatitis A is for all food handlers to get vaccinated and practice proper handwashing. Always check with your occupational or personal health provider prior to seeking a vaccination.

The Hepatitis A vaccine is a "double dose" vaccine requiring two (2) shots, six (6) months apart. The vaccine is safe and highly effective. For additional information please visit <http://rivcoimm.org/> or call (888) 246-1215



EFFECTIVE DISINFECTANTS

Chlorine Bleach: Mix and use the chlorine solution promptly. Allow 1 minute of contact time and then rinse with water.

- **5000 ppm:** 1 and 2/3 cups bleach in 1 gallon water. Use for stainless steel, food/mouth contact items, tile floors, nonporous surfaces, counters, sinks and toilets.

Other Disinfectants:

To determine if a product is effective against Hepatitis A, review the product label or product specification sheet and ensure it states **"effective against Hepatitis A"**

As with all chemicals, carefully follow the manufacturer's recommendations for safe handling and disposal.



SPECIFIC CLEANING METHODS

Wear Gloves and Protect Your Clothing

Hard Surfaces

Disinfect surfaces with bleach, or another approved disinfectant, ensuring the correct contact time is being met. If the surface is in a food preparation area, make sure to rinse with water after. For surfaces that may be corroded or damaged by bleach, use another product that is effective against Hepatitis A.



STEPS TO CLEAN SPILLS OF VOMIT OR FECES

- Put on personal protective equipment, including two sets of gloves, mask and gown.
- Block-off area immediately.
- Clean up visible debris using disposable absorbent material (e.g. paper towels, etc.) and minimize aerosols.
- Discard soiled items carefully in an impervious plastic bag.
- Thoroughly clean affected area.
- Disinfect area and objects surrounding the contamination with an appropriate disinfectant effective against Hepatitis A.
- Take off outer set of gloves, gown, and mask, in that order. Discard before exiting contaminated cleanup area.
- Place discarded personal protective equipment in an impervious plastic bag.
- Wearing the inner set of gloves, transport bag to a secure trash container; do not allow the bag to come into contact with clothing.
- Properly wash hands once gloves have been properly discarded.

PREVENTING THE SPREAD OF ILLNESS

- ◆ All food employees must practice diligent handwashing and good personal hygiene (see below for handwashing procedures).
- ◆ Utilize utensils or gloves to eliminate bare hand contact with ready- to-eat food.
- ◆ Thoroughly and continuously disinfect the facility and food areas (see reverse of this document).

HANDWASHING

Food employees must thoroughly wash their hands and arms with soap and warm water for at least 20 seconds, rinse with clean running water and properly dry their hands and arms.



Post handwashing signs by all appropriate sinks.

Employees must wash their hands in ALL of the following instances:

- Immediately before engaging in food preparation, including working with non-prepackaged food, clean equipment and utensils, and unwrapped single-use food containers and utensils
- After touching bare human body parts other than clean hands and clean, exposed portions of arms
- After using the restroom
- After caring for, or handling any animal allowed in a food facility
- After coughing, sneezing, using a handkerchief or disposable tissue, using tobacco, eating or drinking
- After handling soiled equipment or utensils
- Before putting on disposable gloves to start working with food
- During food preparation, as often as necessary to remove dirt and contamination and when changing tasks to prevent cross-contamination
- When switching between working with raw food and working with ready-to-eat food
- After engaging in other activities that may contaminate hands

EMPLOYEE HEALTH GUIDELINES

All food employees must be knowledgeable of the relationship between personal health, hygiene and food safety. Information on this topic can be found in California Retail Food Code, Chapter 3 Article 3 – Employee Health.

Employees are Responsible for Notifying the Person in Charge

- Employees are required by law to notify the Person in Charge if they have been diagnosed with Hepatitis A infection. Be advised that employees are also required to report the following: Salmonella, Shigella, Enterohemorrhagic or shiga toxin-producing E. coli, Norovirus and Entamoeba histolytica.
- Remember, you should not work with food or utensils if you are sick with acute gastrointestinal illnesses. **Acute gastrointestinal illness is diarrhea, either alone or with vomiting, fever or abdominal cramps.**

The Person in Charge is Responsible for Meeting the Following Requirements

- **REPORT** to the County of Riverside - Department of Environmental Health (DEH) **(888) 722-4234** or **www.rivcoeh.org** when a food employee is diagnosed with Hepatitis A. Remember that the following illnesses must also be reported: Salmonella, Shigella, Enterohemorrhagic or shiga toxin producing E. coli, Norovirus, and Entamoeba histolytica.
- **REPORT** to DEH if **two or more people** are sick with acute gastrointestinal illness. **Acute gastrointestinal illness is diarrhea, either alone or with vomiting, fever, or abdominal cramps.** Encourage employees with gastrointestinal illness to contact their health care provider for evaluation.
- **EXCLUDE** a food employee from the food facility if diagnosed with Salmonella, Hepatitis A, Norovirus, Shigella, Enterohemorrhagic or shiga toxin producing E. coli or Entamoeba histolytica. Only a written clearance from the Local Health Officer of Riverside County can clear an excluded employee to return to work. Public Health Disease Control may contact the Person in Charge as part of their investigation to determine if any additional follow-up is required.
- **RESTRICT** a food employee from working with exposed food, clean equipment, clean linens, clean utensils and unwrapped single-service articles if the food employee is suffering from symptoms of acute gastrointestinal illness or experiencing persistent coughing, sneezing or nasal discharges. Restrictions can be removed by the Person in Charge when the food employee states they no longer have symptoms of illness.