

HEPATITIS A DISINFECTION GUIDELINES

Hepatitis A Background

Hepatitis A is a liver infection caused by the Hepatitis A virus. The Hepatitis A virus is highly contagious and is usually transmitted through the fecal-oral route. It is usually spread when a person ingests the virus from contact with objects, food, or drinks contaminated by feces from an infected person

Contamination can occur when infected persons do not wash their hands properly after going to the bathroom. A person can also spread contamination from clean-up activities where feces are present (toilet rooms, dumpster areas etc).

Note: A person can become infected with Hepatitis A and spread the virus before they know they are infected.

Preventing the spread of Hepatitis A

To reduce the risk of spreading or becoming infected with the Hepatitis A virus:

- Always wash hands thoroughly after using the restroom and after completing any cleaning activities in areas that may be contaminated with blood, feces, vomit or other bodily fluid.
- Clean and sanitize surfaces that are contaminated with blood, feces, vomit, or other bodily fluid (see back side of handout for specific cleaning instructions).
- **Clean and sanitize surfaces that are touched frequently:**
 - Toilet room surfaces
 - Tables and chairs
 - Remote controls
 - Light switch plates
 - Door knobs
 - Computer keyboards
 - Kitchen surfaces
 - Railings
 - Wheel chairs and walkers
 - Phones
 - High chairs
 - Recreational equipment

Effective Disinfectants

A chlorine bleach and water mixture is recommended for sanitizing stainless steel, food/mouth contact items, tile floors, nonporous surfaces, counters, sinks and toilets. The recommended concentration of the solution is at **5000 ppm**.

To make a 5000ppm chlorine sanitizer: Mix 1 and 2/3 cups bleach into 1 gallon water.

- Use solution within 1 hour of mixing
- Use disposable gloves
- Do not mix other chemicals with bleach
- On food contact surfaces; allow 1 minute of contact time and then rinse with water
- Nonfood contact surfaces do not require rinsing
- Ventilate areas that are being sanitized (open windows and doors, turn on fans)

Other Disinfectants: For surfaces that are corroded or damaged by bleach, use another product that is effective against Hepatitis A. 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” or “effective against Feline Calicivirus”.

Steps to Clean Feces or Vomit

- Put on personal protective equipment (PPE), including two sets of disposable gloves, masks and disposable aprons/gowns.
- Block-off area
- Clean up visible debris using disposable absorbent material such as paper towels or other type of disposable cloths.
- Discard soiled items carefully in a plastic double bag.
- Thoroughly clean affected area.
- Disinfect area and objects surrounding the contamination with an appropriate disinfectant effective against Hepatitis A. See above “Effective Disinfectants”.
- Take off outer set of gloves, apron/gown and mask, in that order, and discard before exiting contaminated clean-up area.
- Place discarded PPE in a plastic double 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.
- When finished cleaning, wash hands thoroughly using warm water, soap, and paper towels.

For More Information

Please see the following websites for more information about Hepatitis A.

Centers for Disease Control and Prevention

<https://www.cdc.gov/hepatitis/hav/index.htm>

California Department of Public Health

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/Hepatitis-A.aspx>