County of San Diego Department of Environmental Health and Quality 5500 Overland Ave. #170 | San Diego, CA 92123 |

For more information on Hepatitis A or to report individuals with vomiting, diarrhea, or fever associated with food consumption, contact:
Email: epidemiology.fhd@sdcounty.ca.gov
Phone: (858) 505-6814
Website: www.sdcdehq.org

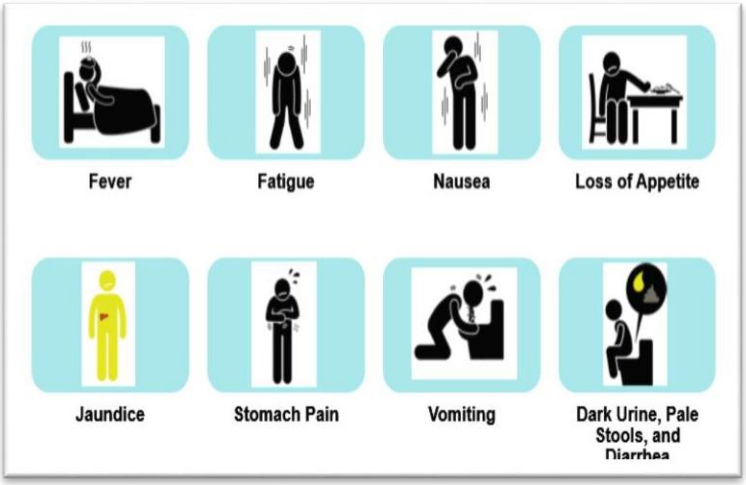
HEPATITIS A GUIDANCE FOR FOOD FACILITIES

What is Hepatitis A?

Hepatitis A is a liver infection caused by the Hepatitis A virus, which is highly contagious. It can cause liver disease lasting a few weeks to a serious illness lasting many months.

A person infected with Hepatitis A typically misses work for up to a month.

What are the symptoms of Hepatitis A?



How can it spread in a food facility?

Hepatitis A is usually spread from person to person, through the fecal-oral route. This means, by ingesting fecal matter, even in microscopic amounts from:

- **Close person-to-person contact with an infected person**
- **Touching objects or eating food handled by someone with Hepatitis A**
- **Touching common surfaces that a person with Hepatitis A has touched**

How can I protect my customers?

DO NOT WORK WHEN ILL

Help prevent the spread of illness by ensuring staff do not work when they are ill. Contact the Department of Environmental Health and Quality if two or more staff are ill with gastrointestinal symptoms or if a staff member is diagnosed with a reportable illness. Hepatitis A is a reportable illness.

ALWAYS PRACTICE PROPER HANDWASHING

Food employees shall thoroughly wash their hands and arms with soap and warm water for at least 20 seconds. Thoroughly rinse with clean running water and properly dry their hands and arms. Ensure handwashing signs are posted at the appropriate locations to remind employees.

USE PROPER DISINFECTION WHEN NEEDED

Follow procedures listed on the reverse page.

LIVE WELL SAN DIEGO
LIVEWELLSD.ORG

HEPATITIS A GUIDANCE FOR FOOD FACILITIES

When do I need to disinfect my food facility?

- When the food facility has been exposed to Hepatitis A or there is concern of exposure
- When there was a fecal or vomiting incident in the facility

How do I disinfect my food facility for Hepatitis A?

Effective Disinfectants

Chlorine Bleach: Mix a chlorine solution and use it 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"** or "**effective against Feline Calicivirus**". You may also search a product's name in the Environmental Protection Agency's registered product database at:

https://iaspub.epa.gov/apex/pesticides/f?p=PPLS:1

Proper Handling

- Use chemicals in well-ventilated areas.
- Avoid contact between incompatible chemicals.
- Prevent chemical contact with food during cleaning.
- Handle contaminated material as little as possible and with minimal agitation to reduce aerosols.
- Manage waste safely and dispose in a secure trash container.

Steps to Clean Spills of Vomit or Feces

- Put on personal protective equipment, including two sets of gloves, masks and gowns.
- Block-off area immediately.
- Clean up visible vomit or feces using disposable absorbent material (paper towels or other type of disposable cloths) 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. See box to the left "Effective Disinfectants".
- Take off outer set of gloves, gown and mask, in that order, and discard before exiting contaminated clean-up area.
- Place discarded PPE 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.
- Always wash your hands after handling any contaminated material, trash or waste.

Other Recommendations if there is Concern of Hepatitis A Exposure

- **Protect single service utensils**
- **Limit bare hand contact and self-service food items**
- **Clean public or common areas with these heightened disinfection procedures once per day**
- **Ensure employees wear gloves when cleaning, then remove the gloves and wash hands prior to switching tasks**