



# SAN BENITO COUNTY

HEALTH & HUMAN SERVICES AGENCY

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**PUBLIC HEALTH SERVICES**  
*Healthy People in Healthy Communities*

## PUBLIC HEALTH ADVISORY

Date: 15 September 2017

To: Business Owners and Employees Serving At-Risk Populations

From: Gail Newel, MD, MPH, San Benito County Public Health Officer

Subject: Cleaning Procedures to Prevent the Spread of Hepatitis A Virus

**SAN BENITO COUNTY, CA.** Given the proximity of counties experiencing an increase in new hepatitis A virus (HAV) infection cases to San Benito County, county public health officials are requesting business owners and members of the public to take precautionary infection prevention measures to obtain and maintain a clean environment.

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 (hand to mouth), 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.

The San Benito County Health Officer recommends the following actions to help prevent the spread of hepatitis A infections:

- Wash your hands
- Clean and disinfect restrooms and surfaces that are frequently touched.
- Get vaccinated

### 1. HANDWASHING

Frequent and proper hand washing is considered one of the most effective public health interventions in preventing or reducing the transmission of communicable diseases such as hepatitis A, influenza, and the common cold.

- Wash hands with warm running water and soap, using friction for 20 seconds, paying special attention to under fingernails.
- Dry hands with a single-service paper towel or air dryer.
- Hands should be washed after using the restroom, sneezing, coughing, changing diapers, before any food preparation or service, and after cleaning surfaces.
- Businesses, schools, and food facilities should post hand washing instructions or reminder signs.

### 2. CLEANING & DISINFECTION OF RESTROOMS AND SURFACES

For disinfection of the Hepatitis A virus, the Center for Disease Control and Prevention recommends a diluted solution of unscented household chlorine bleach solution be applied to environmental surfaces at prescribed concentration levels.

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Chlorine Bleach solution:

- Prepare by adding 1 and 2/3 cups bleach in 1 gallon water.
- Mix and use the chlorine solution promptly.

To disinfect hard, nonporous surfaces:

- First clean the surface by removing loose dirt, debris, food materials, etc.
- Apply bleach solution to thoroughly wet the surfaces.
- Allow 1 minute of contact time and then rinse with water.

Other EPA registered disinfectants can be used within food establishments, but the product label or specification sheet must state that it is effective against Hepatitis A. When using an EPA registered disinfectant, apply per manufacturer's instructions and follow prescribed contact time.

Always follow label instructions and recommended safety precautions. Be sure to wear disposable gloves and eye protection, and to use chlorine bleach in a well-ventilated area.

### 3. VACCINATION

**Under the Affordable Care Act, HAV vaccines are covered as preventive care without a deductible or co-pay charge:**

Individuals at risk are encouraged to seek HAV vaccination with their personal physician or pharmacy. The Health Officer's recommendations align with the Advisory Committee on Immunization Practices (ACIP) as well as the California Department of Public Health's recent All Facilities Health Notification.

For more information:

<https://www.hhs.gov/hepatitis/policies-and-guidelines/affordable-care-act/index.html>

<https://archive.cdph.ca.gov/certlic/facilities/Documents/LNC-AFL-17-13.pdf>

**Should Hepatitis A exposure occur in a non-vaccinated individual:**

Should anyone who is not immune to Hepatitis A come in close contact with a confirmed or suspected HAV case, post-exposure prophylaxis (PEP) should be given. The individual should seek care with their personal physician. Susceptible people exposed to HAV should receive a dose of single-antigen HAV vaccine or intramuscular (IM) immune globulin (IG) (0.02 mL/kg), or both, as soon as possible within 2 weeks of exposure.

Detailed information on PEP may be found on the CDPH Hepatitis A Post exposure Prophylaxis Guidance Quicksheet (updated August 2016):

[https://archive.cdph.ca.gov/programs/immunize/Documents/CDPH\\_HAV%20PEP%20Clinical%20Guidance.pdf](https://archive.cdph.ca.gov/programs/immunize/Documents/CDPH_HAV%20PEP%20Clinical%20Guidance.pdf)

**For more information:**

<https://archive.cdph.ca.gov/programs/immunize/Documents/CDPHHAVQuicksheet.pdf>

<https://archive.cdph.ca.gov/HealthInfo/discond/Documents/FoodborneHepatitisAFactSheet.pdf>

If you have questions or information regarding possible cases please call Public Health Services at (831) 637-5367.