

# HEPATITIS A

## Prevention & Control: Cleaning Instructions

Hepatitis A is a highly contagious virus that can cause liver disease. It can spread when a person infected with hepatitis A doesn't wash their hands properly after using the bathroom and then touches other objects or food items. Vaccination is the best way to prevent getting hepatitis A. Proper handwashing and cleaning of touched or contaminated items are also important ways to prevent the spread of hepatitis A.

### CLEANING FREQUENTLY TOUCHED SURFACES

Surfaces that are frequently touched should be cleaned often with disinfectants. This includes:

- Bathroom surfaces
- Kitchen surfaces
- Doorknobs
- Sport equipment
- Light switch plates
- Phones
- Computer keyboards
- Railings
- Infant high chairs
- Tables and chairs
- Wheelchairs and walkers
- Remote controls

### EFFECTIVE DISINFECTANTS

Effective disinfectant cleaning solutions are needed to properly control hepatitis A. Disinfectants should include **chlorine bleach** or be approved for use as noted on the product label. Chlorine disinfectants should only be used on solid (nonporous) surfaces and surfaces that will not be damaged by bleach. Most ammonium products are **not** effective for cleaning against hepatitis A. When cleaning with disinfectants, **always wear gloves and protect your clothing.**

### MAKING EFFECTIVE DISINFECTANTS

A chlorine bleach solution can be made by mixing  $1\frac{2}{3}$  cups of bleach with 1 gallon of water. This should be used within 20 minutes after it is prepared, left on the surface to be cleaned for 1 minute, and lastly rinsed away with water.

### CLEANING VOMIT (PUKE) OR FECES (POOP)

Because vomit and poop are especially likely to spread hepatitis A, care is needed when cleaning.

1. Wear gloves, a mask, and protect your clothing.
2. Immediately block off the affected area.
3. Pick up the vomit or feces using disposable paper towels or other disposable items, then throw them away in a tightly sealed plastic bag.
4. Thoroughly clean the area using effective cleaning disinfectants.
5. When finished cleaning, remove your gloves first, and then remove your mask and protective clothing. Before leaving the area, throw these away in a tightly sealed plastic bag.
6. Use gloves to carry and throw away all bagged trash items. Do not let the bag touch anything.
7. When finished, wash your hands thoroughly for at least 20 seconds using warm water and soap.

### SAFELY HANDLING CLEANING PRODUCTS

- Wear gloves and protective clothing
- Safely store cleaning products in labeled containers
- Do **not** mix different cleaning products
- Dispose of cleaning products in sealed and secure trash

Hepatitis A vaccinations are available at

Southern Nevada Health District  
280 S. Decatur Blvd. • Las Vegas, NV 89107  
(702) 759-1000 • [www.SNHD.info/hep-a-control](http://www.SNHD.info/hep-a-control)

