

Hepatitis A Prevention & Control: Cleaning Instructions

Hepatitis A is a highly contagious virus that can cause liver disease. It can spread when infected persons don't wash their hands properly after using the bathroom and then touch 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.

Safely handling cleaning products

- Wear gloves and protective clothing.
- Do **not** mix different cleaning products.
- Keep cleaning products away from food and food storage.
- Store cleaning products in safe, properly labeled containers and away from the public.
- Throw away cleaning products in a properly sealed and secure trash container.

Cleaning vomit 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 area where there is vomit or feces.
3. Pick up as much of the vomit or feces, as possible, using disposable paper towels or other disposals items. Throw the towels away in a plastic bag and seal or tie the bag tightly.
4. Thoroughly clean the area using effective cleaning disinfectants.
5. When done cleaning, remove your gloves first, and then your mask and protective clothing. Before leaving the area, throw these away in a plastic bag and tightly seal the bag.
6. Use gloves to carry and throw away all bagged trash items. Do not let the bag touch your skin or clothing.
7. When finished, wash your hands thoroughly for at least 20 seconds using warm water and soap.

For more information, call 888-700-9995 or visit www.publichealth.lacounty.gov/eh