

# Prevention of Hepatitis A

In Health Care  
Settings



## What is Hepatitis A?

Hepatitis A is a viral illness that attacks the liver. It is spread when a person ingests food or water, or touches surfaces contaminated with microscopic amounts of feces from a person infected with hepatitis A virus (HAV).



## Am I at Risk?

As a health care worker, you are not at increased risk for hepatitis A as long as you adhere to proper infection control practices. These practices are the same for hepatitis A as they are for many other infectious conditions.



## What You Can Do

### Hand Hygiene



Frequent hand washing with soap and water is the first line of defense against the spread of hepatitis A infection.

Remember to wash your hands before touching a patient, after touching a patient and/or touching their environment, and before and after performing any procedures.

Alcohol-based hand rubs will not kill the hepatitis A virus.

### Standard Precautions



Adhering to standard precautions for all patient care will reduce the risk of transmission for HAV and many other infectious diseases.

Remember to wash your hands thoroughly before and after patient interaction.

Don the appropriate personal protective equipment. For HAV, this will include gloves; gown and face shield should be worn if contact with body fluids is anticipated.

### Proper Cleaning



Preventing the spread of HAV infection requires cleaning the right surfaces with the right product.

Clean all high-touch surfaces, such as doorknobs, bed rails, sinks, and toilets to remove any soil.

Disinfect these areas with a product effective against HAV.

Most products that are effective against norovirus will kill HAV.

Check the EPA List G for further guidance.