



Information for Local Businesses on Preventing the Spread of Hepatitis A

Monterey County Health Department is currently investigating cases of hepatitis A linked to outbreaks in San Diego, Los Angeles, and Santa Cruz counties. We are taking appropriate steps to ensure the health of all residents, employees, and visitors, which include education on how to prevent the spread of infection and information on how to identify and immunize individuals at greatest risk for infection.

What is hepatitis A?

Hepatitis A is a disease of the liver caused by the hepatitis A virus. Symptoms of hepatitis A infection include fever, tiredness, nausea, vomiting, loss of appetite, stomach pain, yellowing of the skin or eyes (jaundice), dark urine, pale stools, and diarrhea. A person can get hepatitis A through eating or drinking food contaminated with hepatitis A or by touching objects contaminated with hepatitis A and then eating or drinking without washing hands thoroughly.

How can the spread of hepatitis A virus be prevented?

Hepatitis A transmission can be prevented by the following practices:

1. Maintain routine cleaning AND disinfecting of bathrooms. For heavily used restrooms, clean and then disinfect multiple times per day. Use a chlorine-based disinfectant (bleach) with a ratio of 1 and 2/3 cup of bleach to one gallon of water.
2. Remind employees of the importance of wearing disposable gloves and hand-washing with soap and warm water after cleaning restrooms. Hand sanitizers **do not** replace the need for hand washing.
3. Remind employees of the importance of hand-washing with soap and warm water after using the bathroom, and before preparing, serving, or eating food.

Everyone can play a role in addressing this public health issue. If you have questions or concerns, please call the Monterey County Health Department's Communicable Disease Unit at 831-755-4521.

For additional information, please visit www.mtyhd.org/hepa. Specific information for food establishments can be found at www.mtyhd.org/EHHAV

Thank you for your cooperation.

Monterey County Health Department
Communicable Disease Prevention & Control
Prevent. Detect. Respond.