UNIVERSAL PERSONAL HYGIENE MEASURES

1. Universal personal hygiene measures are those common sense precautions taught to us as children from our mothers.

2. Proper hand washing is the single most important activity an individual can do to prevent transmission of disease.

3. Hand washing should be accomplished before and after client care, before eating or preparing food for others, and after using the bathroom. Use gloves to handle food if ill or with hand cuts or infections. Don't spread infection by coming into direct contact with others or their food when you have a respiratory, intestinal or skin infection.

4. Disposable paper towels and liquid or powder soap dispensers should be used for hand washing.

5. Food and eating and drinking utensils should not be shared.

6. Personal items such as razors, toothbrushes, combs and brushes should not be shared.

7. A safe kitchen includes keeping food hot or cold and keeping the kitchen clean.

8. Food maintained between 40° F and 140° F promote the growth of food poisoners. Food left out more than 2 hours may be contaminated. High temperatures (165° F to 212° F) kill most food poisoning bacteria.

9. The refrigerator should register 40° F (5° C) or lower. The freezer should read 0° F (-18° C) or lower. Leftovers should be refrigerated promptly. Remember there are time limits for storage of foods. A general rule is when in doubt, throw it out.

10. Keep the kitchen clean by washing and drying cloths, throwing out dirty or mildewed dish sponges, separating dirty food preparation areas from clean preparation and serving areas, washing and disinfecting dirty areas. Any detergent is acceptable for washing away germs. Common household bleach, one tablespoon per gallon of warm water, is effective as a disinfectant.

11. Dishes and eating utensils are safe for reuse when cleaned by mechanical dishwashers for 25 minutes at 160° F or 10 minutes at 175° F. Hand dipping in water 170° F for one minute or in a bleach preparation when water temperature is less than 160° F is effective. Dishes and utensils should then be air dried.

12. Any human wastes such as tissues, bandages or soiled articles that are not flushed into a sewage or septic system can be placed in a plastic bag and sent to the landfill. Remember when handling contaminated material wear gloves and after contact wash your hands.

13. Environmental surfaces that become contaminated and are cleanable should be cleaned with any household cleaning or detergent agent and then flushed with a bleach preparation. Other items may be washed or dry cleaned.

14. Soiled linens, clothing and bedding should be handled with gloves, bagged and machine washed. The hot cycle on the washing machine and dryer effectively removes germs. Lower washing temperatures with bleach may be used.

15. Remember, only individual responsibilities can prevent the spread of illness. Respiratory, intestinal and skin infections are readily transmitted to others if precautions aren't taken. Use good personal hygiene and follow universal precautions.
# Know the ABCs of viral hepatitis

<table>
<thead>
<tr>
<th>Type</th>
<th>Transmission</th>
<th>Vaccine Availability</th>
<th>Complications</th>
</tr>
</thead>
</table>
| A    | • Person to person (fecal-oral)  
      • Contaminated water/food | Available | • Fulminant hepatitis  
      • Relapse |
| B    | • Via blood or body fluids  
      • Sexually  
      • During birth | Available | • Fulminant hepatitis  
      • Cirrhosis  
      • Cancer  
      • Chronic liver disease |
| C    | • Via blood  
      • Transfusion-associated | Not available | • Chronic liver disease  
      • Cirrhosis  
      • Cancer |
| D    | • Via blood  
      • Only in presence of active hepatitis B | Not available | • Chronic liver disease  
      • Fulminant hepatitis |
| E    | • Fecal-oral | Not available | • High mortality in pregnant women |

## Hepatitis B, the most serious, is vaccine preventable

*You may be at increased risk of hepatitis B infection if you are*

- A healthcare professional such as a dentist, oral surgeon, physician, nurse, podiatrist, blood bank employee or hospital custodian
- A member of a police department or fire department and render first aid or medical assistance or a member of a paramedical or ambulance squad
- A person who participates in high-risk sexual activity such as one who has more than one sex partner within 6 months, a prostitute or a male homosexual
- A member of a high-risk ethnic group
- In the military
- A mortician or embalmer
- An IV drug user
- An infant or adolescent
- A prisoner

*You may also be at increased risk if you are in any occupation where you may be exposed to blood or body fluids*
The 10 Most Common Causes of Infection

WASH YOUR HANDS

Handwashing is the Most Effective Way to Stop the Spread of Illness

Wash Your Hands After:
- (and before!) Handling food or eating.
- Using the bathroom or changing diapers.
- Sneezing, blowing your nose or coughing.
- Touching a cut or open sore.
- Playing outside or with pets.

Here’s How:
1. Wet your hands with WARM, running water.
2. Add soap and rub hands together, front and back, between fingers and under nails for about 20 seconds.
3. Rinse. Dry hands with a clean paper towel.
4. Turn off water with used paper towel(s) before throwing it away.

Provided by University of Nebraska Cooperative Extension in Lancaster County and Lincoln-Lancaster County Health Department
OSHA Blood Borne Pathogen Standard

The Occupational & Safety Administration recognizes that there is now an occupational hazard in the form of bloodborne pathogens (i.e. HIV, Hepatitis B, Hepatitis C)

The OSHA Bloodborne Pathogen Standard:

1. Limits occupational exposure to bloodborne & other infectious materials.
2. Covers all employees who could be reasonably anticipated to come into contact with infectious body fluids from their job duties.
3. Requires employers to identify personnel at risk and develop an exposure control plan.
5. Requires specific cleaning & disinfecting of work areas.
6. Requires Hepatitis B vaccinations be made available to employees who may have occupational exposure.
7. Requires hazard labels.
8. Requires training of employees who may have occupational exposure.

Recommended Procedure to Follow If Possible Exposure Occurred

An exposure incident is when there is contact, on the job, with blood or other body fluids on non-intact skin or in mucous membranes.

Exposures include but are not limited to:

a. Contact of blood or other infectious materials with non-intact skin
b. Needlestick injuries or other puncture wounds with contaminated object.
c. Spraying or splashing of blood or other infectious materials in eyes or mucous membranes.
d. Bites occurring in the performance of work activities that break the skin.

If an Exposure Occurs:

1. Clean exposure site (wash, rinse, flush, disinfect, apply antiseptic).
2. Notify supervisor immediately. ASAP within 24 hours.
3. Follow agency’s post-exposure plan.
HEPATITIS B VACCINE
WHAT YOU NEED TO KNOW

1. What is hepatitis B?

Hepatitis B is a serious disease that affects the liver. It is caused by the hepatitis B virus (HBV). HBV can cause:

**Acute (short-term) illness.** This can lead to:
- loss of appetite
- diarrhea and vomiting
- tiredness
- jaundice (yellow skin or eyes)
- pain in muscles, joints, and stomach

Acute illness is more common among adults. Children who become infected usually do not have acute illness.

**Chronic (long-term) infection.** Some people go on to develop chronic HBV infection. This can be very serious, and often leads to:
- liver damage (cirrhosis)
- liver cancer
- death

Chronic infection is more common among infants and children than among adults. People who are infected can spread HBV to others, even if they don’t appear sick.

- In 2005, about 51,000 people became infected with hepatitis B.
- About 1.25 million people in the United States have chronic HBV infection.
- Each year about 3,000 to 5,000 people die from cirrhosis or liver cancer caused by HBV.

Hepatitis B virus is spread through contact with the blood or other body fluids of an infected person. A person can become infected by:
- contact with a mother’s blood and body fluids at the time of birth;
- contact with blood and body fluids through breaks in the skin such as bites, cuts, or sores;
- contact with objects that could have blood or body fluids on them such as toothbrushes or razors;
- having unprotected sex with an infected person;
- sharing needles when injecting drugs;
- being stuck with a used needle on the job.

2. Hepatitis B vaccine: Why get vaccinated?

Hepatitis B vaccine can prevent hepatitis B, and the serious consequences of HBV infection, including liver cancer and cirrhosis.

Routine hepatitis B vaccination of U.S. children began in 1991. Since then, the reported incidence of acute hepatitis B among children and adolescents has dropped by more than 95% — and by 75% in all age groups.

Hepatitis B vaccine is made from a part of the hepatitis B virus. It cannot cause HBV infection.

Hepatitis B vaccine is usually given as a series of 3 or 4 shots. This vaccine series gives long-term protection from HBV infection, possibly lifelong.

3. Who should get hepatitis B vaccine and when?

Children and Adolescents

- All children should get their first dose of hepatitis B vaccine at birth and should have completed the vaccine series by 6-18 months of age.
- Children and adolescents through 18 years of age who did not get the vaccine when they were younger should also be vaccinated.

Adults

- All unvaccinated adults at risk for HBV infection should be vaccinated. This includes:
  - sex partners of people infected with HBV,
  - men who have sex with men,
  - people who inject street drugs,
  - people with more than one sex partner,
  - people with chronic liver or kidney disease,
  - people with jobs that expose them to human blood,
  - household contacts of people infected with HBV,
  - residents and staff in institutions for the developmentally disabled,
  - kidney dialysis patients,
- people who travel to countries where hepatitis B is common,
- people with HIV infection.

• Anyone else who wants to be protected from HBV infection may be vaccinated.

4 Who should NOT get hepatitis B vaccine?

• Anyone with a life-threatening allergy to baker's yeast, or to any other component of the vaccine, should not get hepatitis B vaccine. Tell your provider if you have any severe allergies.

• Anyone who has had a life-threatening allergic reaction to a previous dose of hepatitis B vaccine should not get another dose.

• Anyone who is moderately or severely ill when a dose of vaccine is scheduled should probably wait until they recover before getting the vaccine.

Your provider can give you more information about these precautions.

Pregnant women who need protection from HBV infection may be vaccinated.

5 Hepatitis B vaccine risks

Hepatitis B is a very safe vaccine. Most people do not have any problems with it.

The following mild problems have been reported:
• Soreness where the shot was given (up to about 1 person in 4).
• Temperature of 99.9°F or higher (up to about 1 person in 15).

Severe problems are extremely rare. Severe allergic reactions are believed to occur about once in 1.1 million doses.

A vaccine, like any medicine, could cause a serious reaction. But the risk of a vaccine causing serious harm, or death, is extremely small. More than 100 million people have gotten hepatitis B vaccine in the United States.

6 What if there is a moderate or severe reaction?

What should I look for?
• Any unusual condition, such as a high fever or behavior changes. Signs of a serious allergic reaction can include difficulty breathing, hoarseness or wheezing, hives, paleness, weakness, a fast heart beat or dizziness.

What should I do?
• Call a doctor, or get the person to a doctor right away.
• Tell your doctor what happened, the date and time it happened, and when the vaccination was given.
• Ask your doctor, nurse, or health department to report the reaction by filing a Vaccine Adverse Event Reporting System (VAERS) form.

Or you can file this report through the VAERS website at www.vaers.hhs.gov, or by calling 1-800-822-7967.

VAERS does not provide medical advice.

7 The National Vaccine Injury Compensation Program

In the event that you or your child has a serious reaction to a vaccine, a federal program has been created to help pay for the care of those who have been harmed.

For details about the National Vaccine Injury Compensation Program, call 1-800-338-2382 or visit their website at www.hrsa.gov/vaccinecompensation.

8 How can I learn more?

• Ask your doctor or nurse. They can give you the vaccine package insert or suggest other sources of information.

• Call your local or state health department.

• Contact the Centers for Disease Control and Prevention (CDC):
  - Call 1-800-232-4636 (1-800-CDC-INFO)
  - Visit CDC websites at:
    www.cdc.gov/ncidod/diseases/hepatitis
    www.cdc.gov/vaccines
    www.cdc.gov/travel