

Hepatitis A Outbreak Summit

March 13, 2019

1 - 2:30 pm: Clinical

3 - 4pm: Community Services



Community Services Session Agenda

- **Welcome and Introduction** – *Paula Mandel, PCHD Deputy Director*
5 minutes
- **Local Hepatitis A Outbreak** – *Mary Derby, Ph.D., Epidemiology Program Manager*
15 minutes
- **Sanitation Interventions** – *David Ludwig, Consumer Health and Food Safety Manager*
10 minutes
- **Roundtable Discussion** – *Gary Frucci, Environmental Health Supervisor*
30 minutes

Welcome and Introduction

Paula Mandel

PCHD Deputy Director

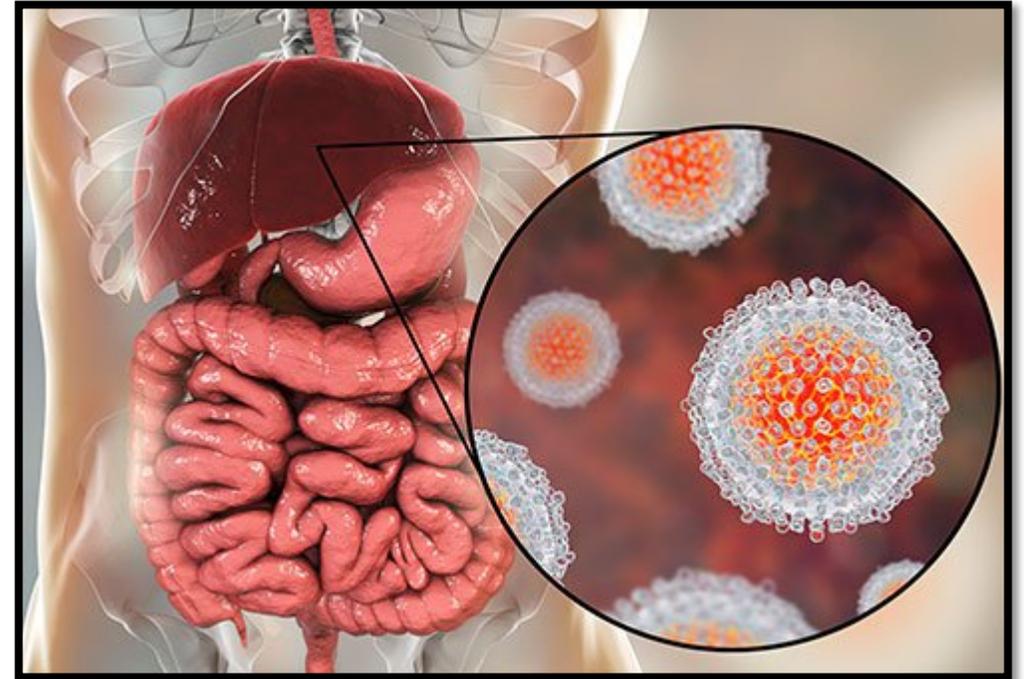
Local Hepatitis A Outbreak

Mary Derby, Ph.D.,

Epidemiology Program Manager

Hepatitis A Overview

- Viral infection
- Vaccine-preventable
 - (case reduction since 1996 when vaccine made available)
- Treatment: supportive
- Transmission: fecal-oral
- Incubation period: 28-30 days (range 15-50)



Hepatitis A Overview

- Symptoms: fever, anorexia, malaise, nausea, vomiting, diarrhea, abdominal pain, jaundice, dark urine.
- Duration: typically several weeks (up to several months)
- Can be asymptomatic, especially in children

HEPATITIS A FACTS

1 Is a viral infection of the liver spread when faecal matter enters the mouth

2 May last several weeks and can be debilitating but most people recover completely

3 Preventable with careful hand washing, keeping toilets and bathrooms clean, avoiding infected water sources

SYMPTOMS INCLUDE

nausea vomiting

SPREAD BY

direct contact food & beverages cups & spoons

and any other objects handled by the infected person

Source: <http://www.medicaltourism.com>

Role of PCHD Epidemiology

- **Receive suspect and positive laboratory reports:**
 - Providers: within 1 working day suspect or confirmed case
 - Laboratories: within 1 working day for positive results, submit disease panel results
- **Interview cases:**
 - Incubation period: where/how they could have been infected
 - Contagious period: potential close contacts that could have been infected

Role of PCHD Epidemiology

- **Implement prevention and control measures:**
 - Provide education to case and close contacts
 - Recommend Post Exposure Prophylaxis (PEP) to contacts within 14 days of exposure



Who is at increased risk of contracting hepatitis A?

- People with direct contact with someone with hepatitis A
- Travelers to countries where hepatitis A is common
- People who are experiencing homelessness
- Men who have sex with men (MSM)
- People who use drugs, both injection and non-injection drugs
- Household members or caregivers of a recent adoptee from countries where hepatitis A is common
- People with clotting factor disorders such as hemophilia

Hepatitis A Risk Assessment

1. Do you lack a permanent home? No Yes
2. Have you used illegal or illicit drugs? No Yes
3. Have you been in a correctional facility at any time since November 1, 2018? No Yes
4. Have you been told that you have hepatitis A? No Yes
5. Have you received the hepatitis A vaccine in the last 6 months? No Yes

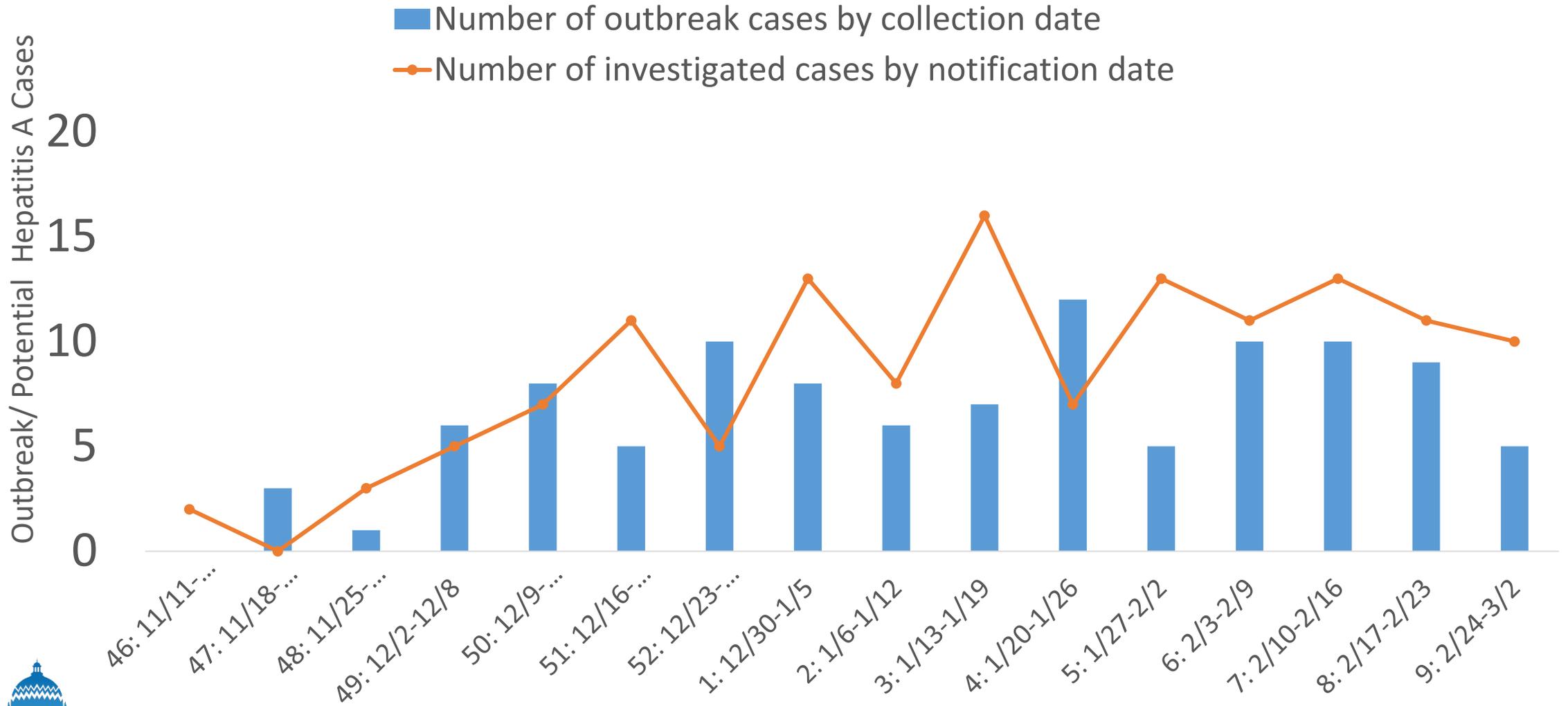
If question 1, 2, **or** 3 = YES: Vaccine indicated

If question 5 = NO **AND** Question 1, 2, or 3 = YES: Vaccine indicated

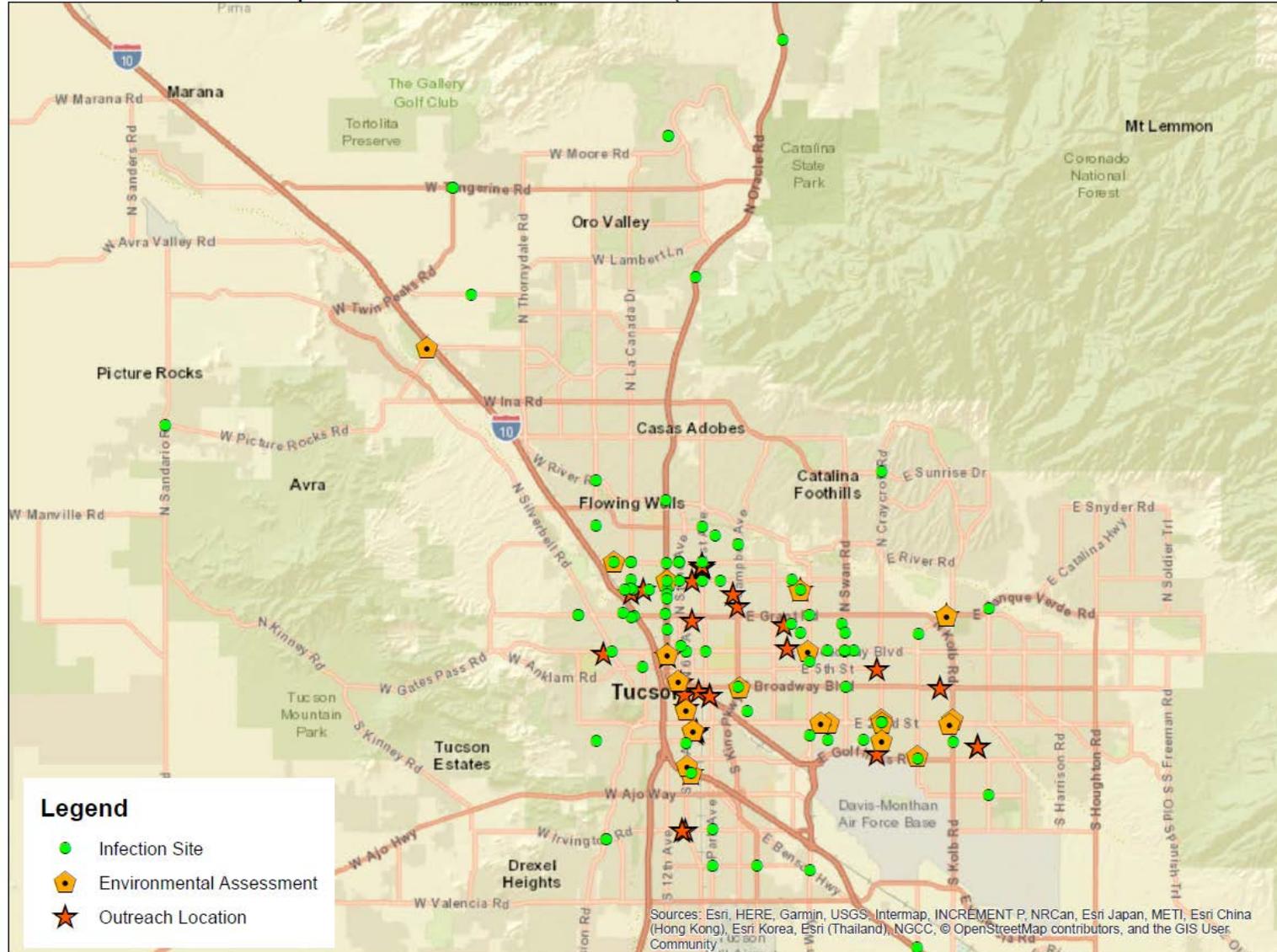
If question 4 **or** 5 = YES: Vaccine NOT indicated

Tool created by Dr. Bethany Bruzzi and Kathleen McCasland, MT, MBA for BUMC South

Pima County Outbreak (Nov 2018 – Feb 2019)



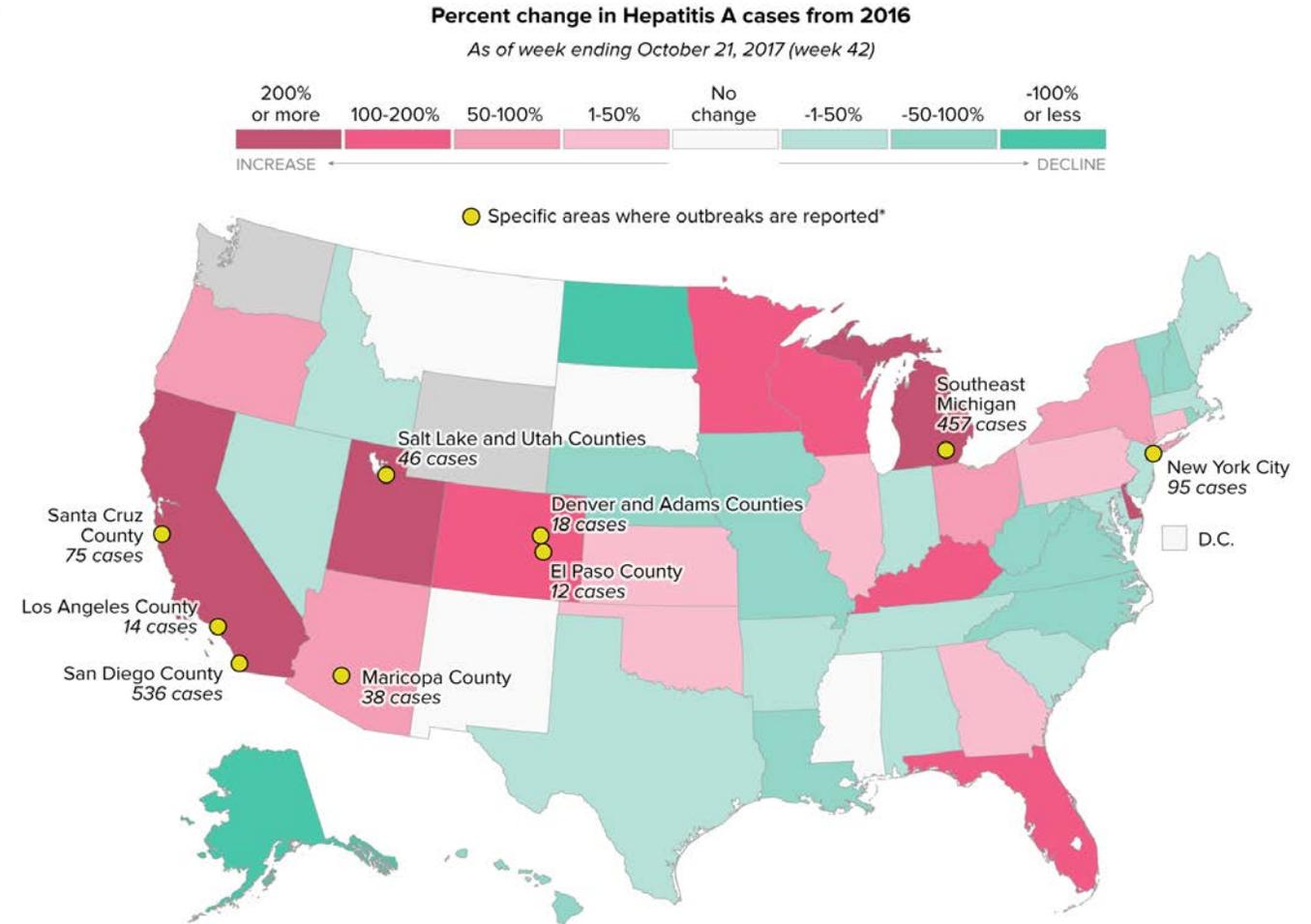
Hepatitis A Outreach Efforts (11/01/2018 - 02/22/2019)



Hepatitis A Trends

Pima County Hepatitis A Cases by Year	
2013	8
2014	5
2015	12
2016	13
2017	5
2018	58
2019 YTD	89

The Uptick In Hepatitis A Cases Isn't Just In California



* Health departments report case counts as of varying outbreak start dates in 2016 and 2017: Los Angeles: Aug. 2017-Oct. 31, 2017 San Diego: Nov. 2016-Oct. 26, 2017, Utah: May 8 2017-Oct. 22, 2017, Santa Cruz: April 1, 2017-Oct. 31, 2017. Year-to-date counts: New York City, Maricopa County, Salt Lake and Utah Counties, Denver, Adams and El Paso Counties

Note: Washington and Wyoming both recorded no cases at this point in the year in 2016, and 14 and 9 in 2017, respectively. Delaware, Kentucky and Minnesota case counts jumped percentage-wise, but had relatively few cases.

Source: CDC, Santa Cruz County (data as of Oct. 31), San Diego County (data as of Oct. 26), Los Angeles County (data as of Oct. 31), Michigan Department of Health and Human Services (data as of Oct. 26), Utah Department of Health (data as of Oct. 30), Arizona Department of Health Services (data as of Oct. 29), Colorado Department of Public Health and Environment (data as of Oct. 27)

Resources

Mary Derby

Mary.Derby@pima.gov

Pima County Epidemiology Phone Line

520-724-7797

www.pima.gov/hep-a

www.cdc.gov/hepatitis/hav/index.htm



www.pima.gov/health



Pima County Health Department



@PCHD



Pimacountyhealth

Sanitation Interventions

David Ludwig

Consumer Health and Food Safety Manager

PCHD Consumer Health and Food Safety Efforts

- Providing hepatitis A prevention education to food permit holders
- Investigating suspected hepatitis A foodborne cases
- Conducting on-site environmental assessments in facilities associated with person confirmed to have hepatitis A



Important Information for Food Managers/Operators



Handouts are being distributed to all food operations.

There has been an increase in Hepatitis A

Some of these cases have been linked to food possibly served by fixed and mobile food establishments in Pima County.

Hepatitis A usually spreads when a person unknowingly ingests the virus from objects, food, or drinks contaminated by small, undetected amounts of stool from an infected person. Hepatitis A contamination of food, including frozen and undercooked food, can happen at any point, growing, harvesting, processing, handling, and even after cooking.

Ways to prevent the spread of hepatitis A

Staff protection

- Food handlers, sanitation workers, and other professionals directly serving high risk individuals are recommended to receive the hepatitis A vaccine
- Use appropriate standard precautions – proper handwashing, gloves



Ways to prevent the spread of hepatitis A

Augment sanitation

- Use disinfectant products and procedures that are effective against hepatitis A
- Chlorine bleach at 5000ppm (1 + 2/3 cups bleach in 1 gallon water)
- Always use in a well ventilated space













Date: _____

Area	5:00am	8:00am	11:00am	2:00pm	5:00pm	8:00pm	11:00pm
Floor							
Sinks							
Mirrors							
Toilet							
Paper							
Toilets							
Urinals							
Dryers							
Towels							
Trash							
Other							

Ways to prevent the spread of hepatitis A

Prevention Education and Resources

- Promote handwashing and sanitation
- Distribute information and hygiene kits



Education Materials

- Hepatitis A: Cleaning and Disinfection Guidance
- Protect Yourself From hepatitis A
- Wash Your Hands



Hepatitis A: Cleaning and Disinfection Guidance



What is Hepatitis A?

Hepatitis A is a liver infection caused by the hepatitis A virus. It is highly contagious and is usually transmitted by the fecal-oral route, either through person-to-person contact or consumption of contaminated food or water.

Contamination can occur when infected persons do not wash their hands properly after going to the bathroom and then touch other objects or food items.

Surfaces that are frequently touched should be cleaned and sanitized often:

- Toilet Room Surfaces
- Light Switch Plates High Chairs
- Kitchen Surfaces
- Phones
- Tables and Chairs
- Doorknobs
- Recreation Equipment
- Computer Keyboards
- Railings
- Wheelchairs and Walkers
- Remote Controls

Cleaning to Prevent the Spread of Hepatitis A

Use Effective Disinfectant Chemicals on Exposed Surfaces

- Chlorine Bleach is the best way to kill HAV. To create a 5000 ppm solution mix: 1 and 2/3 cups bleach to 1 gallon water.
- Mix and use the chlorine solution promptly
- Allow 1 minute of contact time and then rinse with water

- Replace bottles of opened bleach every 30 days
- Discard any unused diluted mixtures
- Use for stainless steel, food/mouth contact items, tile floors, nonporous surfaces, counters, sinks and toilets

Other Disinfectants

To determine if a product is effective against hepatitis A, review the product label or specification sheet and ensure it states effective against HAV or norovirus.

A list of disinfectants identified as effective against HAV and norovirus is available at www.plma.gov/hep-a

Remember to

- Wear gloves and protect your clothing
- Use chemicals in well-ventilated areas
- Avoid contact between incompatible chemicals
- For surfaces that are corroded or damaged by bleach, use another product effective against HAV

EVERYONE Should Practice Good Hand Washing and Hygiene

Thoroughly wash hands and arms with soap and water for at least 20 seconds;

Before

Engaging in food preparation and working with non-prepackaged food, clean equipment and utensils

Putting on disposable gloves to start working with food or patients

Dispensing or serving food, or handling clean tableware and serving utensils in the food service area.

During

Food prep, as often as necessary to remove dirt and contamination

Food prep when switching tasks and when switching between working with raw food and working with ready-to-eat food to prevent cross-contamination

After

Using the bathroom

Coughing, sneezing, using a handkerchief or disposable tissue, using tobacco, eating or drinking

Handling soiled equipment or utensils

Engaging in other activities that contaminate hands

Touching your own or another person's bare human body parts

Ensure hand washing signs are posted in the appropriate locations.

Cleaning Spills of Vomit or Feces

- Block-off area immediately
- Put on personal protective equipment, including two sets of gloves, masks and gowns
- Clean up visible debris using disposable absorbent material (paper towels, absorbent pads, etc)
- Discard soiled items carefully in a leak-proof plastic bag
- Disinfect area and objects surrounding the contamination with an appropriate disinfectant effective against HAV
- Take off outer set of gloves, gown and mask, in that order, and discard before exiting contaminated clean-up area
- Place discarded PPE in a leak-proof plastic bag
- Wearing the inner set of gloves, transport bag to a secure trash container; do not allow the bag to come into contact with clothing

- Thoroughly wash your hands after handling any contaminated material, trash or waste

Surface Specific Tips

Toys

Toys that enter a child's mouth must be disinfected, rinsed thoroughly, and air dried or run through a dishwasher at the highest temperature setting

Remove visible debris on softer toys that have been soiled and launder at the highest temperature setting. Discard if necessary.

Linens, Clothing, Textiles

Keep contaminated and uncontaminated items separate

Wash in a pre-wash cycle, then use a regular wash cycle with detergent, and dry at the highest temperature setting

Food Surfaces

After disinfection, rinse food prep area with water. Prevent chemical contact with food during cleaning. Secure chemicals away from food after cleaning.

Medical Equipment

Medical equipment used for infected patients should either be dedicated to that room or be thoroughly disinfected upon removal from the room.

Selection of cleaning agent should be consistent with the equipment manufacturer's recommendations.

Contact the Health Department if you need help or have questions about this guidance:

(520) 724-7908 for food establishments or operations

(520) 724-7797 for general questions about hepatitis A

Visit: www.plma.gov/hep-a

Pima County Health Department

3950 S. Country Club Rd., Tucson, AZ 85714 • 520-724-7770 • www.plma.gov/health

PHD 012219.08

Protect Yourself from Hepatitis A



There has been an increase in cases of an illness called Hepatitis A "hep A."

Hep A is very easy to catch and can make you sick for a very long time. Some people who use drugs and/or are homeless have been hospitalized and have died from hep A.

Get Vaccinated!

Today: You have received the hep A vaccine today. Please return to a PCHD clinic or a healthcare provider in 6 months for a second dose.

Received: _____

Get 2nd Dose: _____

Soon: Visit one of our clinics to be vaccinated. The vaccine is a safe, fast shot given in the arm. You do not need to be able to pay.

South Clinic

1493 W Commerce Ct (Cardinal and Valencia)
724-7900

North Clinic

3550 N 1st Ave (1st and Prince)
724-2880

East Clinic

6920 E Broadway Blvd (Broadway and Kolb)
724-9660

What is Hepatitis A and Why Does it Matter if I Get It?

Hep A is caused by a virus (germ) that can easily spread from person-to-person. It can cause liver disease that can make you sick for several months. In some cases, people can die because of hep A. People who are homeless are at greater risk of getting this disease.

How does Hepatitis A spread?

- Touching objects or eating food that someone with hepatitis A infection handled
- Having sex with someone who has a hepatitis A infection
- Sharing needles, pipes, or other items to take drugs

How can you prevent getting hepatitis A?

- Get two shots of Hepatitis A vaccine
- Wash hands with soap and water after using the bathroom, and before eating food
- Don't have sex with someone who has hepatitis A infection
- Use your own towels, toothbrush & utensils
- Don't share food, drinks, tools or smokes with other people

Call 724-7797 for more information or go to www.pima.gov/hep-a

What are the symptoms if I get hepatitis A?



Fever



Fatigue



Nausea



Loss of appetite



Jaundice-
Yellowing of the
eyes or skin



Stomach pain



Diarrhea



Vomiting



Dark urine,
pale stools

Pima County Health Department

3950 S. Country Club Rd., Tucson, AZ 85714 • 520-724-7770 • www.pima.gov/health

7964 012219 08

HANDOUT 3

Wash Your Hands!

Stop Spreading Germs

1  Start with warm or hot water

2  Use soap and make a lather

3 **10-15 SEC.**  Rub and scrub thoroughly for 10 - 15 seconds. Scrub palms, back of hands, between fingers and under nails.

4  Rinse well

5  Dry hands thoroughly

6  Use a paper towel to shut off the faucet



Consumer Health and Food Safety Food Handler Course Guide • January 2017 Update
3950 S. Country Club Rd., Suite 2301 Tucson, AZ 85714 • 520-724-7908 • Fax 520-724-9597 • chfs@pima.gov



VOLANTE 3

¡Lávese Las Manos!

No Propague los Gérmenes

1  Inicie con agua tibia o agua caliente

2  Use Jabón y genere espuma

3 **10-15 SEC.**  Frote y restriegue a fondo por 10 a 15 segundos – restriegue las palmas, detrás de las manos, entre los dedos y debajo de las uñas.

4  Enjuague bien

5  Seque las manos completamente

6  Use una toalla de papel para cerrar el grifo



Consumer Health and Food Safety Food Handler Course Guide • January 2017 Update
3950 S. Country Club Rd., Suite 2301 Tucson, AZ 85714 • 520-724-7908 • Fax 520-724-9597 • chfs@pima.gov

A Healthy Pima County. Everyone. Everywhere. Everyday.

Resources

David Ludwig

David.Ludwig@pima.gov

Gary Frucci

Gary.Frucci@pima.gov

Pima County Epidemiology Phone Line

520-724-7797

www.pima.gov/hep-a

www.cdc.gov/hepatitis/hav/index.htm



www.pima.gov/health



Pima County Health Department



@PCHD

Roundtable Discussion

Gary Frucci

Environmental Health Supervisor

Thank you!