



Health and Safety

Five **Million**
Americans **Have**
Hepatitis

Are you
at Risk?

The Risk of Hepatitis B

Hepatitis B is the most common hazard faced when dealing with blood and body fluids. The virus is extremely dangerous.

- ***There is no cure***

Often there are no symptoms of infection with Hepatitis B (HBV) until the disease has progressed.

- ***Develops slowly***

After exposure it can take two to six months for HBV to develop.

- ***Transmitted through blood and body fluids***

Hepatitis B can easily be transmitted to family members, sexual partners and unborn infants by way of blood, saliva and other body fluids.

- ***Virus survives on objects and surfaces***

Contact with a contaminated object or surface may also transmit the Hepatitis B virus as the virus can live at room temperature for at least a week.

Hepatitis Update

There are at least five known types of hepatitis, a virus-caused inflammation of the liver.

Symptoms include: yellowing of eyes and skin, nausea, loss of appetite, fever, fatigue. However, you can be infected and have no obvious symptoms. A blood test confirms diagnosis.

Here's what you need to know about the three most common forms of hepatitis and how to avoid them.

If you think you're at risk or possibly infected with hepatitis, talk to your doctor or call the C.D.C. Hepatitis Hotline at (404) 332-4555 or the American Liver Foundation toll-free at (888) 4HEP-ABC.

Type A

How common it is

During epidemic years, the number of reported cases reached 35,000 (children are more likely than adults to be asymptomatic).

How you catch it

The feces of an infected person contains live virus. If the person doesn't wash their hands well after a bowel movement, they can then pass the virus directly to someone else (including during sex) or contaminate uncooked food (Hepatitis A is one reason for restaurant signs telling employees to wash their hands). Sewer contamination of drinking water can also spread the virus, but this is uncommon in the U.S.

How to prevent it

Vaccine (two shots) recommended for people at greater risk, including travelers to high-risk areas (like Mexico, the Caribbean, Africa, Asia, South America) and children in areas with high hepatitis rates. No data on safety for pregnant women. Can be given to children as young as 2. Immunoglobulin shots protect for three to six months; can be given up to two weeks after exposure (i.e., people who live or have sex with someone with Hepatitis A, day care workers if a child comes down with it).

How it affects you

Symptoms usually subside within two months. Although initial infection can occasionally be deadly, this form of hepatitis never becomes chronic, as types B and C can.

Type B

How common it is

An estimated 80,000 new cases a year; 1.25 million chronic carriers; death from chronic liver disease occurs in 15-25% of chronically infected persons.

How you catch it

Highly contagious. It's 100 times more infectious than HIV, the virus that causes AIDS. Highest rate of disease occurs in 20-49 year olds. Virus spreads through blood or body fluids (including during sex), through IV drug use, at a job involving exposure to human blood or body fluids. A fetus can get it from an infected mother. Theoretical risks: tattooing and manicures, although this seems to be very rare in this country.

How to prevent it

Vaccine (three doses, safe for pregnant women) now recommended for all babies, adolescents not already vaccinated, and adults at high risk. Immunoglobulin should be given to unvaccinated people within two weeks after exposure to infected blood or body fluids, and to newborns of infected mothers in addition to the vaccine.

How it affects you

In most adults the infection clears up completely. However, about 5 to 10% of infected adults (and 30 to 90% of children under age 5) develop a chronic form of the disease. Chronic infection increases risk of liver cancer and cirrhosis, and increases a pregnant woman's risk of miscarriage and premature labor. Interferon approved to treat chronic infections.

Type C

How common it is

An estimated 25,000 new cases each year; estimated 3.9 million (1.8%) Americans have been infected, of whom 2.7 million are chronically infected and 70% develop chronic liver disease. Death from chronic liver disease is less than 3%.

How you catch it

Persons at risk for Hepatitis C virus infection might also be at risk for infection with Hepatitis B virus or HIV. Virus spread through blood or body fluids. IV drug use thought to account for half of all new infections. Other risks: a job involving exposure to blood, blood transfusion before 1990 (after that, blood was tested). Possible risks: unprotected sex; sharing needles, toothbrushes, razors with infected person; tattooing; piercing; manicures.

How to prevent it

There is no vaccine to prevent Hepatitis C.

How it affects you

80% of persons have no signs or symptoms. Infection much more likely than Hepatitis B to become chronic. Currently leading reason for liver transplants in this country. Interferon and Ribavirin are two drugs licensed for treatment of persons with chronic Hepatitis C.

OSHA

Occupational Safety and Health Administration

U.S. Department of Labor, 29 CFR Part 1910.1030

Final Rule on Occupational Exposure to Bloodborne Pathogens

Federal Register #: 56:64004
Publication Date: December 6, 1991

Abstract:

OSHA is promulgating a standard to eliminate or minimize occupational exposure to Hepatitis B Virus (HBV), Human Immunodeficiency Virus (HIV) and other bloodborne pathogens. The standard will become effective on 3/6/92.

Based on a review of the information in the rule-making record, OSHA has determined that employees face a significant health risk as the result of occupational exposure to blood and other potentially infectious materials because they may contain bloodborne pathogens, including Hepatitis B virus which causes Hepatitis B, and human immunodeficiency virus, which causes Acquired Immunodeficiency Syndrome (AIDS).

The Agency further concludes that this exposure can be minimized or eliminated using a combination of engineering and work practice controls, personal protective clothing and equipment, training, medical surveillance, Hepatitis B vaccination, signs and labels, and other provisions.

OSHA Housekeeping Excerpts Bloodborne Pathogens—1910.1030

1910.1030(d)(4)(i)

General. Employers shall ensure that the worksite is maintained in a clean and sanitary condition. The employer shall determine and implement an appropriate written schedule for cleaning and method of decontamination based upon the location within the facility, type of surface to be cleaned, type of soil present, and tasks or procedures being performed in the area.

1910.1030(d)(4)(ii)

All equipment and environmental and working surfaces shall be cleaned and decontaminated after contact with blood or other potentially infectious materials.

1910.1030(d)(4)(ii)(A)

Contaminated work surfaces shall be decontaminated with an appropriate disinfectant after completion of procedures; immediately or as soon as feasible when surfaces are overtly contaminated or after any spill of blood or other potentially infectious materials; and at the end of the work shift if the surface may have become contaminated since the last cleaning.

1910.1030(d)(4)(ii)(C)

All bins, pails, cans, and similar receptacles intended for reuse which have a reasonable likelihood for becoming contaminated with blood or other potentially infectious materials shall be inspected and decontaminated on a regularly scheduled basis and cleaned and decontaminated immediately or as soon as feasible upon visible contamination.

OSHA

OSHA Excerpts

Appendix: A

1910.1030(a)

Scope and Application. This section applies to all occupational exposure to blood or other potentially infectious materials as defined by paragraph (b) of this section.

1910.1030(b)

Definitions. For purposes of this section, the following shall apply:

Assistant Secretary means the Assistant Secretary of Labor for Occupational Safety and Health, or designated representative.

Blood means human blood, human blood components, and products made from human blood.

Bloodborne Pathogens means pathogenic microorganisms that are present in human blood and can cause disease in humans. These pathogens include, but are not limited to, hepatitis B virus (HBV) and human immunodeficiency virus (HIV).

Contaminated means the presence or the reasonably anticipated presence of blood or other potentially infectious materials on an item or surface.

Decontamination means the use of physical or chemical means to remove, inactivate, or destroy bloodborne pathogens on a surface or item to the point where they are no longer capable of transmitting infectious particles and the surface or item is rendered safe for handling, use, or disposal.

Director means the Director of the National Institute for Occupational Safety and Health, U.S. Department of Health and Human Services, or designated representative.

Exposure Incident means a specific eye, mouth, other mucous membrane, non-intact skin, or parenteral contact with blood or other potentially infectious materials that results from the performance of an employee's duties.

Handwashing Facilities means a facility providing an adequate supply of running potable water, soap and single use towels or hot air drying machines.

Licensed Healthcare Professional is a person whose legally permitted scope of practice allows him or her to independently perform the activities required by paragraph (f) Hepatitis B Vaccination and Post-exposure Evaluation and Follow-up.

HBV means hepatitis B virus.

HIV means human immunodeficiency virus.

Occupational Exposure means reasonably anticipated skin, eye, mucous membrane, or parenteral contact with blood or other potentially infectious materials that may result from the performance of an employee's duties.

Other Potentially Infectious Materials means (1) The following human body fluids: semen, vaginal secretions, cerebrospinal fluid, synovial fluid, pleural fluid, pericardial fluid, peritoneal fluid, amniotic fluid, saliva in dental procedures, any body fluid that is visibly contaminated with blood, and all body fluids in situations where it is difficult or impossible to differentiate between body fluids; (2) Any unfixed tissue or organ (other than intact skin) from a human (living or dead); and (3) HIV-containing cell or tissue cultures, organ cultures, and HIV- or HBV-containing culture medium or other solutions; and blood, organs, or other tissues from experimental animals infected with HIV or HBV.

Parenteral means piercing mucous membranes or the skin barrier through such events as needlesticks, human bites, cuts, and abrasions.

Personal Protective Equipment is specialized clothing or equipment worn by an employee for protection against a hazard. General work clothes (e.g., uniforms, pants, shirts or blouses) not intended to function as protection against a hazard are not considered to be personal protective equipment.

Source Individual means any individual, living or dead, whose blood or other potentially infectious materials may be a source of occupational exposure to the employee. Examples include, but are not limited to, hospital and clinic patients; clients in institutions for the developmentally disabled; trauma victims; clients of drug and alcohol treatment facilities; residents of hospices and nursing homes; human remains; and individuals who donate or sell blood or blood components.

Sterilize means the use of a physical or chemical procedure to destroy all microbial life including highly resistant bacterial endospores.

Universal Precautions is an approach to infection control. According to the concept of Universal Precautions, all human blood and certain human body fluids are treated as if known to be infectious for HIV, HBV, and other bloodborne pathogens.

Work Practice Controls means controls that reduce the likelihood of exposure by altering the manner in which a task is performed (e.g., prohibiting recapping of needles by a two-handed technique).



Toll Free: 888.537.4747 www.WEservice.biz
Franchise opportunities available at www.WEfranchiseonline.com