

Company _____ Location _____ Date _____

Vol 29 - No 1 EXPOSURE TO HEPATITIS A VIRUS

Some recent studies have indicated that Hepatitis A could be an occupational hazard for sewage workers. Sewer systems are an ideal environment to be occupationally exposed to viral Hepatitis A because of the high frequency and ability of the virus to remain viable for prolonged periods in sewage.

Hepatitis is the inflammation of the liver. The virus is contracted by an open wound injury being exposed to contaminated water. It is also contracted by eating food or drinking water that has been contaminated. The Centers for Disease Control and Prevention estimates that 150,000 people in the U. S. are infected each year by Hepatitis A.

People who contract Hepatitis A typically develop flu-like symptoms within 10 to 40 days of exposure. They experience low grade fever, muscle aches, joint aches, headache, malaise, anorexia, and mild abdominal pain. Often, but not always, these symptoms are followed by jaundice, a yellowing of the whites of the eyes and skin. Acute Hepatitis A usually resolves itself within 6 months and does not develop into a chronic disease.



Consider these precautions that may help you from getting infected by Hepatitis A at the job site.

- A. Practice good hygiene - Always wash your hands with hot water and soap after using the bathroom. Also wash your hands thoroughly before eating.
- B. Do not share a drinking cup with other employees.
- C. Get proper medical attention for any cut or laceration.
- D. Always use rubber boots and rubber gloves when working in trenches where sewage may be present. Disinfect gloves and boots properly.
- E. Clothing that may be infected with sewage should be washed separately - NOT with the family laundry.

A vaccine against Hepatitis A is also available, but it may not be necessary. With good safety practices, we can all go home virus free.

Some recent studies have indicated that Hepatitis A could be an occupational hazard for sewage workers. Sewer systems are an ideal environment to be occupationally exposed to viral Hepatitis A because of the high frequency and ability of the virus to remain viable for prolonged periods in sewage.

Hepatitis is the inflammation of the liver. The virus is contracted by an open wound injury being exposed to contaminated water. It is also contracted by eating food or drinking water that has been contaminated. The Centers for Disease Control and Prevention estimates that 150,000 people in the U. S. are infected each year by Hepatitis A.

People who contract Hepatitis A typically develop flu-like symptoms within 10 to 40 days of exposure. They experience low grade fever, muscle aches, joint aches, headache, malaise, anorexia, and mild abdominal pain. Often, but not always, these symptoms are followed by jaundice, a yellowing of the whites of the eyes and skin. Acute Hepatitis A usually resolves itself within 6 months and does not develop into a chronic disease.



Consider these precautions that may help you from getting infected by Hepatitis A at the job site.

- A. Practice good hygiene - Always wash your hands with hot water and soap after using the bathroom. Also wash your hands thoroughly before eating.
- B. Do not share a drinking cup with other employees.
- C. Get proper medical attention for any cut or laceration.
- D. Always use rubber boots and rubber gloves when working in trenches where sewage may be present. Disinfect gloves and boots properly.
- E. Clothing that may be infected with sewage should be washed separately - NOT with the family laundry.

A vaccine against Hepatitis A is also available, but it may not be necessary. With good safety practices, we can all go home virus free.