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Friday, September 15, 2017

In fall 2017, the County of San Diego issued a public health emergency regarding an outbreak of Hepatitis A in San Diego. While the emergency has since been lifted, staff can still follow best practices to help ensure their safety while working with the public. The purpose of this bulletin is to summarize the steps you can take to protect yourself, as well as the increased precautions MTS has taken to protect employees.

#### Protect yourself:

- Get the Hepatitis A vaccine. This is the best way to prevent the disease and all of MTS's health insurance companies offer the vaccination for free. MTS recommends that all employees get the Hepatitis A vaccine.
- Wash your hands with soap and warm water after physical contact with others, using the restroom and before preparing or eating food.
- Use only your own towels, toothbrushes and eating utensils.
- Don't share food or drinks with other people.

#### Increased precautions MTS is taking:

- Increasing the availability of hand sanitizer and latex gloves for employees.
- Increasing frequency of disinfecting high-traffic surfaces (e.g., handrails, door knobs).
- Educating employees and distributing important information about prevention.

#### More Information:

Attached is a general informational flyer that San Diego County created regarding the Hepatitis A outbreak. For additional information, please visit the [County's website](#).

The Hepatitis A vaccine consists of two shots, six months apart. These vaccines are covered by insurance at no cost.

- Employees who have Anthem insurance can make an appointment with their primary care physician or go to a CVS Minute Clinic or another health clinic that accepts Anthem insurance.
- Employees who have Kaiser insurance can make an appointment at any Kaiser facility.

Additionally, the Kaiser mobile health vehicle will be providing Hepatitis A vaccines to Kaiser members at the KMD Wellness Fair on Wednesday, September 27th. Please post the attached

flyer for those employees without email.


If you have any questions, please contact the Human Resources Department.


**News Category:**


MTS News


Safety Info


**Attachment(s):**


 cdcs\_informational\_flyer\_for\_hepatitis\_a\_b\_and\_c.pdf


 county\_of\_san\_diego\_informational\_flyer.pdf


 kmd\_wellness\_fair\_hepatitis\_a\_and\_flu\_shot\_flyer.pdf

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 simpler\_saturday\_9.23.17\_flyer\_final\_-with\_hep\_a.pdf

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