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- 2. Wear gown and face shield if body fluids may be splashed.
- H. Do not share razors, toothbrushes, or needles.
- I. Use household bleach solution (10 parts water to one part bleach) to clean any surface contaminated with blood or feces (stool).
- J. Avoid drinking or using any potentially contaminated water.
- K. Screen food handlers. Screen public salad bars for presence of sneeze guards and hygienic devices and practices to prevent contamination.
- L. Require child care providers to wear gloves during diaper changes and to use routine hand washing.
- M. Do not share cigarettes, eating utensils, or beverage containers.
- N. Use liquid soap dispensers and electric hand dryers in public restrooms.
- O. Avoid placing fingers or hand held objects in mouth.
- P. Avoid eating raw seafood.

**V. The client/caregiver is aware of measures to manage hepatitis.**

- A. Assess and report any signs of bleeding, confusion, edema, lethargy, and weight changes.
- B. Decrease itching.
  - 1. Take medications or apply lotions as prescribed.
  - 2. Take cool showers and avoid high temperatures.
  - 3. Keep fingernails short to prevent skin irritation if scratching.
  - 4. Wear cotton, loose-fitting clothing.
- C. Provide general comfort measures.
  - 1. Quiet environment
  - 2. Good mouth care
  - 3. Good hygiene
- D. Provide adequate nutrition.
  - 1. Offer small, frequent meals. Because of lack of appetite, try to offer foods that appeal to client and use some fat (in moderation) to make food appealing to the taste.
  - 2. Offer high-calorie, high-protein nutritious foods. Check with physician regarding protein content. High levels of ammonia can indicate a need to restrict protein intake.

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- 3. Increase fluids to two liters per day unless contraindicated.
- 4. Weigh daily, weekly, or as ordered.
- 5. Avoid alcohol.
- E. Rest as ordered. Avoid heavy lifting.
- F. Use an electric razor and soft-bristled toothbrush to prevent bleeding.
- G. Avoid alcohol and drugs that may cause further damage to liver.
- H. Avoid over-the-counter medications unless recommended by physician, especially aspirin and aspirin products.
- I. Keep follow-up appointments with physician and laboratory.

**VI. The client/caregiver is aware of possible complications.**

- A. Need for liver transplant
- B. Liver cirrhosis
- C. Hepatitis coma and death

**RESOURCES**

Centers for Disease Control and Prevention  
[www.cdc.gov/ncidod/diseases/hepatitis/index.htm](http://www.cdc.gov/ncidod/diseases/hepatitis/index.htm)

Dietician

Community support groups

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