Workers who handle human waste or sewage may be at an increased risk of becoming ill from waterborne diseases. To reduce this risk, the following guidance should be followed:

**Protect Yourself**

- Avoid touching face, mouth, eyes, nose or open sores and cuts
- Do not smoke, chew tobacco or gum
- Keep open sores, cuts and wounds covered with clean, dry bandages
- Gently flush eyes with safe water if waste gets in contact with eyes

**Wash Hands**

**Before & After Immediately**

- With soap and water when handling human waste or sewage
- Eating or drinking after handling human waste or sewage
- Using the toilet

**Personal Protective Equipment (PPE)**

**Protect Yourself From Splashes and Exposure**

- Goggles
- Long waterproof gloves
- Rubber boots/disposable shoe covers
- Face shield

**Wardrobe Safety**

**Use/Wear**

- Waterproof gloves to prevent cuts and contact with human waste or sewage
- Rubber boots or waterproof shoe covers at the worksite and during transport
- Remove rubber boots and work clothes before leaving worksite
- Clean contaminated work clothing with 0.05% chlorine solution

**Vaccination Recommendations**

**Provided at No Cost to JLAB Staff**

- **Tetanus**: Booster every 10 years
- **Hepatitis A**: 2-shot series (initial and 6 months booster)
- **Hepatitis B**: 3-shot series (initial, 30 day booster, 6 months booster)

This information is based on guidance provided by the Centers for Disease Control and Prevention (CDC).

For more information please contact Occupational Medicine at ext 7539 or visit https://www.cdc.gov/healthywater/global/sanitation/workers_handlingwaste.html