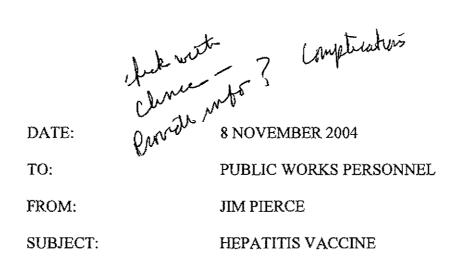
2004 HEPATITIS VACCINATION

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Please read the attached literature concerning hepatitis.

The Public Works Department is offering to all Department employees the opportunity to receive Hepatitis vaccine shots at no cost to the employee. There is no requirement that you take the shots. It is completely voluntary on your part.

2.4

Please complete the information below and return it to your supervisor.

NAME

I choose to receive the vaccine for Hepatitis A.

I choose to receive the vaccine for Hepatitis A and Hepatitis B(combined vaccine)

I will be responsible for scheduling any second doses required.

I choose NOT to receive Hepatitis vaccine.

SIGNATURE

Hepatitis A, B, Cs

Hepatitis C has been much in the news. Naomi Judd, Pamela Anderson, and Larry Hagman have announced that they are infected with it; Mickey Mantle died of complications from it. About 4 million Americans are infected, and the number of deaths, mostly among those infected more than a decade ago, is rising dramatically every year. The good news is that the number of *new* infections has dropped just as dramatically.

It's easy to be confused about the various forms of viral hepatitis—A, B, and C (not to mention D and E)—which differ in important ways. Hepatitis A spreads by different means than B or C. The symptoms are often similar, but they can vary greatly in severity and in when they appear. There are more acute cases (short-term disease following the initial infection) of hepatitis A and B in this country, but hepatitis C is the biggest problem because more of those infected remain infected for life. And while there are vaccines for hepatitis A and B, there is none for C.

What is it?

Hepatitis means inflammation of the liver. The infectious form is usually caused by one of five viruses (called A, B, C, D, and E). It impairs the ability of the liver to carry out its normal functions, and may cause mild to severe flulike symptoms as well as jaundice (yellowish skin and eyes) and, many years later, serious lifethreatening ailments such as cirrhosis and liver cancer. But often there are no symptoms. There are also noninfectious forms of hepatitis caused by toxic substances—notably alcohol—and by the excessive use of certain medications. These include acetaminophen (brand name Tylenol), especially when taken with alcohol.

Since the hepatitis viruses spread in different ways, certain groups are at greater risk for each infection. Hepatitis A spreads via contaminated food and water, while B is now primarily a sexually transmitted infection. Hepatitis C is mostly a worry for those who received transfusions before 1992.

There are drugs to treat hepatitis B and C (but not A). These are not always effective and are expensive; some have bad side effects.

Protecting yourself and others

✓ Wash your hands. Always wash with soap and water after using the toilet, after changing diapers, before handling food, and before eating. This helps stop the spread of many diseases, including hepatitis A. \checkmark Cook your foods adequately. Hepatitis A can spread via raw or undercooked food, especially shellfish.

✓ **Practice safer sex.** Condoms significantly reduce your risk of getting hepatitis B and C. This is especially important if you know that your partner is infected or if you have multiple partners.

 \checkmark Hepatitis A vaccine. People who travel to Mexico or Latin America, Africa, Eastern Europe, the countries of the former Soviet Union, or other areas where hepatitis A is common should be vaccinated. So should those with chronic liver disease (including hepatitis B or C), as well as children living in states or communities with a high rate of hepatitis A. The vaccine provides protection for at least 10 years if you get a second shot after 6 to 12 months.

 \checkmark Hepatitis B vaccine. Newborns are now routinely vaccinated. Children and adolescents (not previously vaccinated) should also get the vaccine. Other groups include sexually active gay men, heterosexuals with multiple partners, health-care workers, drug users who share needles, and people who travel frequently to high-risk areas. If your partner is infected, you should be vaccinated. The three-dose vaccine provides immunity for at least seven years.

 \checkmark Consider the new combined vaccine for hepatitis A and B if you are traveling to countries where these diseases are common, or if you are a health-care worker or have chronic liver disease.

 \checkmark Talk to your doctor about getting tested for hepatitis C if you had a blood transfusion before July 1992. Methods used to screen donated blood were less accurate before then, so the risk of acquiring the virus from a transfusion was greater. Also consider testing if you have ever shared a needle or have had unsafe sex with multiple partners. There is an FDA-approved home test for hepatitis C, sold in drugstores for about \$70 and also available by mail (call 888-888-HEPC).

 \checkmark If you are pregnant, have a hepatitis B test. If it's positive, a physician can help protect the newborn with a special injection at birth.

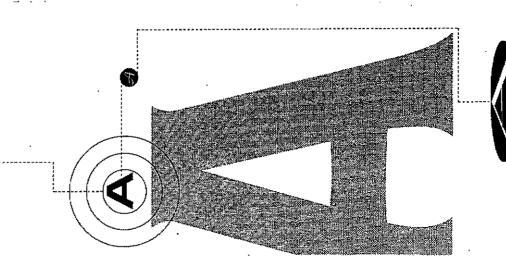
 \checkmark Unsterilized needles can transmit blood infected with hepatitis B or C (as well as HIV). If you are getting your body pierced or tattooed, or are receiving acupuncture, make sure the needles are brand new or have been properly sterilized in an autoclave.

 \checkmark Don't share razors, toothbrushes, manicure tools, or anything else that might transmit blood.

			That you need to show		
TYPE	CHRONIC	HOW TRANSMITTED	VACCINE	COMMENT	
Ā	No	Primarily food or water contaminated by feces of an infected person.	Yes, alone or with B.	Usually causes no symptoms or mild flulike symptoms, nausea, diarrhea, and jaundice. Most people recover completely. Can cause serious illness and, in rare cases, death. Confers lifelong immunity. High risk when traveling in developing countries.	
В	About 5% of adult infections	Blood and other body fluids, usually via unprotected sex or shared needles (same as HIV). Also mother to fetus.	Yes, alone or with A.	Symptoms generally mild; half get jaundice. About 1 million Americans have chronic infections, are carriers, and are at risk for cirrhosis and/or liver cancer. Health-care workers are at increased risk. Fewer new infections in recent years, thanks to vaccine and screening of donated blood.	
С	About 85% of cases	Blood, usually via trans- fusions before 1992 or shared needles. Sexual trans- mission rare, but risk rises with multiple partners.	No.	Called non-A, non-B hepatitis until 1988. About 4 million chronic carriers in U.S. Usually no (or mild) initial symptoms. Symptoms may not appear for 10-20 years; about 20% develop cirrhosis or liver cancer. Risk from transfusions now minuscule. Leading cause for liver transplants in U.S. Health-care workers are at increased risk.	
D	Yes	Same as B.	No.	Rare in U.S. Occurs only in people with hepatitis B.	
E	No	Same as A.	No.	Rare in U.S. Almost exclusively in developing countries, especially south Asia	

What you need to know

HEPATITIS A



Hepatitis A

- · is a disease of the liver
- is spread by feces (stool)-to- mouth contact from:
- unwashed hands
- uncooked food (including shellfish) anal-oral sex
- is commonly spread in:
- child-care centers with diapered families
 - children
 - shelters iails
- other institutions with diapered persons
- systems for sanitation of water and is common in places lacking safe food
- 0 0 60 is not spread by coughing, O(sneezing, or other casual contact

Signs and Symptoms

- fatigue
 mild fever
- Ru-like illness
- nausea and vomiting
 - stomach ache
 - loss of appetite
- Some people have:
- no symptoms at all
- yellow eyes and skin (jaundice)
 - dark urine
- light-colored stool

Treatment

- - doctor visit
- rest
- low-fat foods
- plenty of liquids
- no "pot" or other drugs no beer, whe, or liquor
- Antibiotics and other medications do not help because hepatitis A is

caused by a virus.

PREVENTED!

Prevention

- the bathroom, before touching food Wash your hands well after using or drink, and after changing a baby's diaper.
- Do not let anyone who has hepatitis A make or serve food for you or your family. 6
- ask your local health department or with someone who has hepatitis A, physician if you need an immune If you live or have close contact globulin (IG) shot.
- old or older. Get the vaccine if you: months apart) for persons 2 years There is a vaccine (2 doses six
- live in or travel often to a country where hepatitis A is common
- are a child living in an area where
 - hepatitis A is common use street drugs
- are a man who has sex with other men
- have chronic liver disease or a blood-clotting disorder



From: Bonnie Battersby [bbattersby@waxahachie.com]

Sent: Wednesday, October 20, 2004 11:30 AM

To: Jim Pierce

Subject: CONSENT FORM

ELLIS COUNTY DIAGNOSTIC CLINIC 505 N. HWY, 77, SUITE 200 WAXAHACHIE, TX 75165

HEPATITIS B VACCINE CONSENT/REFUSAL FORM

Indicate below by your signature that you **WISH TO RECEIVE** the Vaccine. By this signature you are confirming that you received an explanation of the immunization program, that you have granted permission to Ellis County Diagnostic to administer these injections and that you agree to release Ellis County Diagnostic, its employees and agents from responsibility with regard to adverse reaction from these injections.

Date

Signature

City of Waxahachie

Dates Vaccinated	Vaccine Type	Lot Number	Expiration	Signature	

Indicate below by your signature that you received an explanation of the vaccine and <u>DO NOT</u> WISH TO RECEIVE the vaccine at this time.

Date

Signature

10/21/2004

HUMAN RESOURCES

Post-It" Fax Note 7671	Dale # of pages
To Jim Pierce	From Bill Pannell
Co./Dept.	Co. Claburne
Phone #	Phone \$17 645 0914
Fax # 972 450 2857	Fax #

HEPATITIS VACCINATION CONSENT/DECLINATION FORM

I understand that due to my occupational exposure to potentially infectious materials, I may be at risk of acquiring the Hepatitis A and B virus. I have been given the opportunity to be vaccinated with the Hepatitis A and B vaccines at no charge to myself.

Please check one:

Yes, I would like to receive the Hepatitis A Vaccination only.

Yes, I would like to receive the Hepatitis B Vaccination only.

Yes, I would like to receive both Hepatitis A and Hepatitis B vaccines.

No, I decline both the Hepatitis A and Hepatitis B vaccines at this time. I understand, by declining both vaccines that I continue to be at risk of acquiring Hepatitis A and/or Hepatitis B, which are both serious diseases. I understand that in the future, if I desire to be vaccinated with either or both vaccines, I can receive the vaccines at no charge to me.

Employee Signature

Date

Employee Printed Name

Job Title/Department

HEPATITIS B IMMUNIZATION AUTHORIZATION/REFUSAL

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PROJECT:					
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REFUSAL:	Signature: Witness:				
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10/50/5004 03:20 815-337-4415

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OFFERS HEP A

ENTITY BUT NOT REQUIRED REQUIRED

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Azle		X ((Offers A&B, Tetanus,	
1	ч	•	Chicken Pox, TB, MMR)	
Trini	ty River Authority	X	······································	
* Flow	er Mound	X		
Garla	and			X
**Denta	N			

* Flower Mound only recently decided to provide the vaccinations. Our Human Resources (HR) group is administrating the program and has been researching the issue as well. My understanding from HR is that the CDC doesn't recommend the A, since they haven't seen a "significant" occurrence of Hep A in workers coming in contact with sewage. HR still plans to offer the Hep A vaccine because the "significant occurrence" language suggests that it's still a possibility.

** Denton does not vaccinate for Hepatitis A. They do vaccinate for Hep B for those workers with potential exposure. According to CDC, "Sewerage workers" do not typically receive Hep A bccause there are no widespread, work related outbreaks. CDC recommends simply appropriate and thorough hand washing and otherwise good hygiene.

10/12/04

Central Regional Wastewater System 6500 W. Singleton Blvd. Dallas, Texas 75212 Phone; 972.263.2251, ext. 308 Fax: 972.331.4412



Fax Transmission

Jim Plerce	Company	City o	of Addison
972-450-2837	Date:	Octo	ber 20, 2004
Shelley Fialho	Title:	Mana	ger, Administrative Services
Hepatitis B Form	Pages:	2	(including cover page)
	972-450-2837 Shelley Fialho	972-450-2837 Date: Shelley Fialho Title:	972-450-2837 Date: Octo Shelley Fialho Title: Mana

Jim,

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As you requested, I am forwarding the Hepatitis B Immunization Authorization/Refusal form used by us.

Shelley Mr. Guardos Shelley M. Fialho

HEPATITIS B IMMUNIZATION AUTHORIZATION/REFUSAL

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EMPLOYEE NAME:		DATE:	
PROJECT:			
AUTHORIZATION:			
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REFUSAL:			
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VACCINATION RECORD:			
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SAFETY REVIEW BOARD

AGENDA

Date:	November 16, 2004
To:	Safety Board Members
From:	Val Benavides, Safety Review Board Secretary
Subject:	Agenda for Meeting - Wednesday, December 1, 2004
-	Finance Conference Room, 8:30 a.m.

1. Approval of minutes - October 13 meeting

2. Property Damage

- a. Damacio Rodriguez (PD) $\frac{9}{24}/04 Officer$ was backing out of PD parking lot when the bumper of his vehicle came in contact with the bumper of another police vehicle. One prior accident, preventable & chargeable with verbal counseling (12/02).
- b. B. D. Tilton (PD) 10/12/04 While backing his squad car, trailer hitch struck brick mailbox. No prior accidents.
- c. Troy Patterson (Fire) 9/12/04 At Station One, fire vehicle was being backed into bay & accidentally damaged driver's side mirror. No prior accidents.
- d. Mark Metdker (Fire) 10/12/04 Town vehicle was parked in the service vehicle parking space of the Colonnade when another vehicle struck it while pulling into a space next to it. One prior accident, preventable & chargeable (1985).

3. Personal Injuries

- a. Ryan Haley (Fire) 9/18/04 During a training exercise, employee was crawling on some sheetrock that broke & his knee hit a piece of aluminum wall stud causing trauma to his knee. No lost time.
- b. Bill Bonny (Fire) 10/22/04 Shoulder strain while pulling hose from engine. No lost time.
- c. Monica Hernandez (Fire) 10/29/04 Insect bite on arm while pruning office plants. No lost time.
- d. Darin Jones (Fire) 10/13/04 Insect bites to forearm while loading fire hose at training facility. No lost time.

e. Charlie Foster (PD) 9/23/04 – Officer strained his right shoulder/elbow when reaching for a brief case in his vehicle. 3.5 hours lost time.

SAFETY REVIEW BOARD AGENDA (contd.)

- f. Michael Gillen (PD) 9/29/04 Officer experienced a sore knee after jumping over a chain to assist in an arrest. No lost time.
- g. Billy Clay (PD) 10/15/04 Officer was struggling to make an arrest of a resisting subject & fell to the ground spraining his knee. No lost time.
- h. David Bennett (PD) 10/16/04 Dog bite to both hands from police K-9 while dog was in a dog fight. No lost time.
- i. Jeremy Hotchkiss (PD) 10/21/04 While handcuffing a burglary suspect, officer came in contact with suspect's blood. No lost time.
- j. Toni Brown (PD) 10/21/04 Employee fell outside of police building on concrete sidewalk.
- k. Joel Cruz (Utilities) 9/29/04 While cleaning a meter vault, employee received a puncture wound when a piece of wood slipped from his hands. 23.25 hours lost time.

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SAFETY REVIEW BOARD MINUTES

Date:	August 25, 2004
To:	Safety Board Members
From:	Val Benavides, Safety Review Board Secretary
Subject:	Minutes of Meeting – Wednesday, August 25, 2004 Finance Building, 8:30 a.m.

Members in attendance: Randy Moravec, Judy Stafford, Asst. Fire Chief Chris Kellen, Capt. Greg Layman, Ricky Smith, Jim Pierce, Tom Hess, Tim Hastings, & Mario Canizares. Staff present: Val Benavides

1. Judy made a motion to approve the minutes of July 21 & Capt. Layman seconded. Motion carried unanimously.

2. Property Damage

- a. Carolyn Burgett (Finance) 6/14/04 Carolyn appeared before the Board to explain that while out of town on Town business, she was pulling into a parking space with a rental car & misjudged the distance to the car in the next space. Her right front bumper came in contact with a parked van. Jim made a motion to accept the department's recommendation of preventable, chargeable, with an oral reprimand. Chief Kellen seconded & the motion passed unanimously.
- b. Shawn Ainsworth (Fire) 6/27/04 Shawn appeared to explain that he had been assigned to Station 1 for about a month & was not that familiar with the fire apparatus. He was trying to move Engine 101 to clean up some foam which had spilled underneath. When he moved forward he heard a loud noise & stopped. It was then he noticed the hydraulic ladder bracket was half-way down & it had come in contact with the bay door. Mario made a motion to accept the department's recommendation of preventable, chargeable with a verbal reprimand. Chief Kellen seconded & the vote was unanimous.
- c. Charlie Foster (Police) 7/22/04 Officer Foster appeared to explain how he was stopped at the intersection of Inwood/Addison Rd. behind another vehicle. As the car in front of him started to move forward, Foster diverted his attention to a different vehicle & his front push bar came in contact with the car in front of him. Ricky made a motion to accept the department's recommendation of preventable, chargeable with a verbal reprimand. Chief Kellen seconded & the vote was unanimous.

3. Personal Injuries

a. Danny Saenz (Fire) 7/10/04 – Blood may have entered eye while intubating a CPR patient. Chief Kellen explained that the officer violated department policy by not wearing protective eyewear. Jim made a motion to accept the department's recommendation of avoidable. Judy seconded & the vote was unanimous. Capt. Layman made a motion of chargeable with verbal reprimand. Jim seconded & the vote was unanimous.

- b. Jared Schreher (Fire) 7/25/04 Pulled muscle in back when fighting a car fire. Chief Kellen stated the officer did not perform any unsafe acts & is in top physical condition. Tim made a motion that the injury was unavoidable, Judy seconded & the vote was unanimous.
- c. Carolyn Flanagan (Police) 6/26/04 Bruise to shin & forearm when moving a jail inmate from one cell to another. Capt. Layman explained that the prisoner was not combative until the employee tried to move him. The Police Department has instituted a new policy stating a second employee should be present when moving a disruptive prisoner. Tom made a motion that the injury was unavoidable. Chief Kellen seconded & the vote was unanimous.
- d. Charlie Foster (Police) 7/13/04 Bruise to left shoulder when resisting prisoner kicked police officer. Capt. Layman explained that the officer was removing an intoxicated prisoner from the squad car when he became violent & started kicking. Judy made a motion of unavoidable, Chief Kellen seconded & the vote was unanimous.
- e. Raul Rivera (Parks) 7/21/04 Pulled muscle in back when throwing limbs/brush on bed of truck. Ricky explained that a parks crew was trimming trees in the Les Lacs area & employee was using all safety precautions. The next day employee complained of back hurting. He saw a doctor who said he had a pulled muscle. He was placed on light duty at the recreation center for several days & returned to full duty. Ricky made a motion of unavoidable, Capt. Layman seconded & the vote was unanimous.

4. Other Business

The Board continued its discussion of a Town immunization policy regarding Hepatitis. Jim feels it is important for Public Works employees, who are exposed to waste water, be immunized against Hepatitis A. This would apply to about eight employees. He would like to see us offer the shot to the employees & if they decline it to sign a waiver. Judy was of the opinion that their exposure is low according to Texas Health Department guidelines. Randy asked that we find out what the policy is at some other area cities & then further discuss at next month's meeting.

The meeting adjourned at 9:40 a.m.

SAFETY REVIEW BOARD MINUTES

Date:	October 27, 2004
To:	Safety Board Members
From:	Val Benavides, Safety Review Board Secretary
Subject:	Minutes of Meeting – Wednesday, October 13, 2004 Finance Building, 8:30 a.m.

Members in attendance: Randy Moravec, Judy Stafford, Capt. Greg Layman, Tom Hess, Mario Canizares, Neil Gayden (for Tim Hastings), Ron Lee (for Ricky Smith), & Jim Pierce. Absent: Asst. Chief Chris Kellen, Tim Hastings & Ricky Smith. Staff present: Val Benavides

1. Judy made a motion to approve the minutes of the last meeting of August 25. Randy asked that the minutes be amended to include the Board's disciplinary action of verbal reprimand for Danny Saenz. Mario seconded & the vote was unanimous.

2. Property Damage

- a. Jeff Rose (PD) 8/20/04 Officer's vehicle was struck as he was exiting a parking lot onto Spring Valley. Officer Rose appeared before the Board to explain how he was trying to exit the parking lot & drive east on Spring Valley, crossing two lanes of backed-up traffic headed west during rush hour. One lane of traffic stopped to let him through & when he pulled into the next lane, a car he did not see coming struck him. Judy made a motion to concur with the department's recommendation of preventable & chargeable with a written reprimand & defensive driver's course. Tom seconded & the vote was unanimous. Capt. Layman said the department recommends that Officer Rose attend a TML defensive driving course.
- b. Jack Burns (Police) 8/21/04 Officer pulled out of driveway onto Marsh Lane to pursue a speeder when his vehicle came in contact with another. Officer Burns appeared before the Board to explain how he was parked in the driveway of the Waterford Townhomes clocking the speed of traffic. A speeding car drove past & as the Officer was pulling out to the right onto Marsh, another car was exiting the driveway to go left & the two cars collided. Jim made a motion of preventable, Ron seconded & the vote was unanimous. Mario made a motion to accept the department's recommendation of chargeable with a verbal reprimand & defensive driving course. Jim seconded & the vote was unanimous.

3. Personal Injuries

- a. Jeff Rose (PD) 8/20/04 Officer sustained a stiff back from vehicle accident described above. Judy made a motion of avoidable, Tom seconded & the vote was unanimous.
- b. Julia Wheeler (PD) 9/3/04 Julia is a police cadet who fell from a 6 foot obstacle course & sprained her wrist. Tom made a motion of unavoidable. Ron seconded & the vote was unanimous.
- c. Truman Akins (PD) 9/7/04 While investigating a residential burglary, Officer Akins chased a fleeing suspect, jumped over a fence & strained the muscles behind his right knee. Judy made a motion of unavoidable. Ron seconded & the vote was unanimous.

- d. Tony Bagley (PD) 9/9/04 An identity theft suspect was found at the Addison Athletic Club. Officer Bagley was one of three officers who tried to apprehend him & chased him through the neighborhood. Officer Bagley fell from a wall during the chase & sprained his left shoulder. He lost 18 hours of work & is in rehab now. Mario made a motion of unavoidable. Jim seconded & the vote was unanimous.
- e. Jeff Rose (PD) 9/9/04 Officer Rose sustained a broken bone in his right middle finger while attempting arrest of the suspect described in above altercation. He lost 21 hours of work. Mario made a motion of unavoidable. Jim seconded & the vote was unanimous.
- f. Bryan Ball (PD) 9/904 Officer Ball sustained a sprain to the left knee when he fell twice to the ground as he was assisting in the arrest described above. He lost 12 hours of work. Mario made a motion of unavoidable. Jim seconded & the vote was unanimous.
- g. Andrew Cerminara (PD) 9/14/04 Officer & arrested person fell to the ground during a struggle to place handcuffs on him. They both landed on the Officer's elbow & caused a sprain. Jim made a motion of unavoidable, Ron seconded & the vote was unanimous.

4. Health Immunization Policy

Jim shared information with the Board regarding a poll of area cities concerning Hepatitis A immunization of municipal employees. Results of the poll were distributed to Board members. He cited the highest rate of workers comp injuries to be from streets, motorcycle & utilities accidents. Jim made a motion that Addison adopt a health policy in Utilities to offer the Hepatitis A immunization on a volunteer basis, the cost of which the Town would pay. If an employee declines, they would need to sign a waiver. Tom seconded & the motion passed unanimously. Randy also recommended training to educate employees on the availability of the immunization.

The meeting adjourned at 9:35 a.m.

State Health Dept. Communicable Disease Control Bureau 512-458-7455 Lony Fuentes Ēχ 6901 Linda Garl - Epedin ogest No recommendations per se "It would be a good idea" Elwated risk Don't officially recommend it because they II might have to pay for it. Risk Journel & End Oce of Error Medicin 1000 Occupational & Curroumental V42 article states sever workers have P821-826 twice the risk as normal population. Head of Food Born & Water Born of .

OFFERS HEP A

ENTITY **BUT NOT REQUIRED** REQUIRED Ft. Worth Х X Waxahachie Cleburne X (A&B) Azle X (Offers A&B, Tetanus, Chicken Pox, TB, MMR) Trinity River Authority Х * Flower Mound X Garland Х **Denton

* Flower Mound only recently decided to provide the vaccinations. Our Human Resources (HR) group is administrating the program and has been researching the issue as well. My understanding from HR is that the CDC doesn't recommend the A, since they haven't seen a "significant" occurrence of Hep A in workers coming in contact with sewage. HR still plans to offer the Hep A vaccine because the "significant occurrence" language suggests that it's still a possibility.

** Denton does not vaccinate for Hepatitis A. They do vaccinate for Hep B for those workers with potential exposure. According to CDC, "Sewerage workers" do not typically receive Hep A because there are no widespread, work related outbreaks. CDC recommends simply appropriate and thorough hand washing and otherwise good hygiene.

10/12/04

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OFFERS HEP A

ENTITY BUT NOT REQUIRED REQUIRED Ft. Worth Х Waxahachie X Cleburne X (A&B) X (Offers A&B, Tetanus, Azle Chicken Pox, TB, MMR) **Trinity River Authority** X * Flower Mound X Garland Х **Denton

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10/12/04

OFFERS HEP A

ENTITY BUT NOT REQUIRED REQUIRED

Ft. Worth	X	
Waxahachie	X	
Cleburne	X (A&B)	
Azle	X (Offers A&B, Tetanus,	
·	Chicken Pox, TB, MMR)	
Trinity River Authority	X	
* Flower Mound	X	
Garland	<u></u>	X
**Denton		

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10/12/04

OFFERS HEP A

<u>ENTITY</u>	BUT NOT REQUIRED	REQUIRED
Ft. Worth	х	
Waxahachie	X	
Cleburne	X (A&B)	
Azle	X (Offers A&B, T	etanus,
<u> </u>	Chicken Pox, 7	(B, MMR)
Trinity River Au	thority X	
* Flower Mound	X	
Garland		X
**Denton		

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10/12/04

From:	Todd Holtz [Todd.Holtz@cityofdenton.com]
Sent:	Friday, September 24, 2004 3:38 PM
To:	bjordan@apaienv.com; Jim Pierce
Cc:	John Hudson; Scott Payne
Subject:	Re: Hepatitis Shots

I was asked by John Hudson to respond to your e-mail if I could add anything...The City of Denton does not vaccinate any employees, including "sewer workers", for Hep. A. We do vaccinate for Hep. B for those workers whom we have deemed as having potential exposure. According to the CDC, "sewerage workers" do not typically receive the Hep. A vaccination because there are no reports of wide-spread, work-related outbreaks. The CDC recommends simply, appropriate and thorough hand-washing and otherwise good hygiene.

Todd Holtz City of Denton Risk Management Dept. Safety & Wellness Administrator (940)349-7891

Have a Safe Day!

>>> "Jim Pierce" <jpierce@ci.addison.tx.us> 9/23/2004 5:08:16 PM >>> Betty: I am trying to build a case to provide Hepatitis A shots for our utility workers. Could you poll the membership and ask if any cities or towns in the area are offering, or requiring, their utility (sewer) workers to be vaccinated? If so I would like some details of their program. They can contact me as per below. Thanks,

Jim Pierce, P.E. Assistant Public Works Director P.O. Box 9010 Addison, TX 75001-9010 972-450-2879 jpierce@ci.addison.tx.us

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From:	Randy Williams [randy.williams@flower-mound.com]
Sent:	Friday, September 24, 2004 9:47 AM
To:	Jim Pierce
Cc:	Betty Jordan (E-mail)
Subject:	RE: Hepatitis Shots

Jim,

Flower Mound only recently decided to provide the vaccinations. Our Human Resources (HR) group is administrating the program and has been researching the issue as well. My understanding from HR is that the CDC doesn't recommend the A, since they haven't seen a "significant" occurrence of Hep A in workers coming in contact with sewage. HR still plans to offer the Hep A vaccine because the "significant occurrence" language suggests that it's still a possibility.

The Flower Mound program will be voluntary. There will be forms that the employee will sign indicating that they understand the program is voluntary and that there are risks involved. Also, Flower Mound will pay for a completed series one time. If the employee misses one of the follow-up vaccines, the Town will not pay for another series.

Hope this helps.

Randy

----Original Message----From: Jim Pierce [mailto:jpierce@ci.addison.tx.us] Sent: Thursday, September 23, 2004 5:08 PM To: Betty Jordan (E-mail) Subject: Hepatitis Shots

Betty: I am trying to build a case to provide Hepatitis A shots for our utility workers. Could you poll the membership and ask if any cities or towns in the area are offering, or requiring, their utility (sewer) workers to be vaccinated? If so I would like some details of their program. They can contact me as per below. Thanks,

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From:	Todd Reck [TReck@ci.irving.tx.us]
Sent:	Friday, September 24, 2004 4:55 PM
To:	Jim Pierce
Subject:	RE: Hepatitis Shots

I don't remember the details and can't find the old e-mails. I do remember that there was a city that used to pay for shots and quit the program. Some of the cities paid for Hepatitis C shots and some paid for Hepatitis A shots. We couldn't find any consistency from the cities we called that we could use to build a case. Please let me know if you find anything differently.

Todd

-----Original Message-----From: Jim Pierce [mailto:jpierce@ci.addison.tx.us] Sent: Friday, September 24, 2004 1:33 PM To: Todd Reck Subject: RE: Hepatitis Shots

Todd: Thanks for your reply. Can you elaborate on "the results were inconsistent"?

Jim Pierce, P.E. Assistant Public Works Director P.O. Box 9010 Addison, TX 75001-9010 972-450-2879

----Original Message----From: Todd Reck [mailto:TReck@ci.irving.tx.us] Sent: Friday, September 24, 2004 8:01 AM To: Jim Pierce Subject: RE: Hepatitis Shots

Jim, We looked into this a year or so ago and decided we would not provide the shots for now. I think we found a few who provided shots, but the results were inconsistent.

Todd Reck City of Irving

-----Original Message-----From: Jim Pierce [mailto:jpierce@ci.addison.tx.us] Sent: Thursday, September 23, 2004 5:08 PM To: Betty Jordan (E-mail) Subject: Hepatitis Shots

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From:	Shiao-Chen Lee [SCLEE@cpyi.com]
Sent:	Friday, September 24, 2004 8:51 AM
То:	Jim Pierce
Subject:	Fwd: Hepatitis Shots for Utility Workers



Fwd: Hepatitis Shots for Utili... Jim,

DCHHS does provide the vaccine shot for the citizens of Dallas County who has risk of Hepatitis, they might be able to do the same for your worker or offer more related information for your need.

Here is there website for your use,

http://www.dallascounty.org/html/citizen-serv/hh-services/index.html

Or you can contact the nurse who seems in charge of Hepatitis shot, her direct number is 214-819-2011 and her name is Sally Coldwell

Hope this can help and good luck to you!

Shiao-Chen Lee Chiang, Patel & Yerby, Inc. 1820 Regal Row, Suite 200 Dallas, Texas 75235 Tel: 214-589-6910 Fax: 214-638-3723 E-mail: sclee@cpyi.com

Cafe Foreign Travel Dept. 214-819-2162

From:Bonnie Battersby [bbattersby@waxahachie.com]Sent:Monday, September 27, 2004 1:49 PMTo:Jim PierceSubject:[Maybe SPAM] Hep B Shot

The City of Waxahachie offers out the Hep B shot to all Utility employees, except at the Water Treatment Plant. We give out a flyer during orientation and ask them if they want to participate. This is strictly voluntary and they have to sign off to consent or to refuse participation. The City pays for the shot, and tracks the dates until the series is completed. If we have someone in the WTP who will be putting time in at the WWTP, we would offer them the shot as well. Hope that helps a bit.

Requested Gr-By Ort 10-20-04

From:Shelley Fialho [FialhoS@trinityra.org]Sent:Monday, September 27, 2004 1:03 PMTo:Jim PierceSubject:RE: Hepatitis Shots

Mr. Pierce,

I am the Manager of Administrative Services at the Central Regional Wastewater System of the Trinity River Authority. It is not mandatory for our employees to have a Hepatitis B vaccination. However, it is strongly recommended. We contract with a private RN who administers the vaccination. Our General Services department purchases the vaccine for however many employees throughout the Northern Region projects and she schedules times and date with each project. I do not know what procedures our Southern Region has regarding Hepatitis B.

If you have further questions, please feel free to contact me.

Shelley M. Fialho, PHR Manager, Administrative Services fialhos@trinityra.org direct: 972-331-4308 fax: 972-331-4412

No consent form

----Original Message----From: Jim Pierce [mailto:jpierce@ci.addison.tx.us] Sent: Thursday, September 23, 2004 5:08 PM To: Betty Jordan (E-mail) Subject: Hepatitis Shots

Betty: I am trying to build a case to provide Hepatitis A shots for our utility workers. Could you poll the membership and ask if any cities or towns in the area are offering, or requiring, their utility (sewer) workers to be vaccinated? If so I would like some details of their program. They can contact me as per below. Thanks,

lim Pierce, P.E. Assistant Public Works Director P.O. Box 9010 Addison, TX 75001-9010 972-450-2879 pierce@ci.addison.tx.us

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From:Lai, An [ALai@ci.garland.tx.us]Sent:Saturday, September 25, 2004 6:49 AMTo:Jim PierceSubject:RE: Hepatitis Shots

City of Garland requires Hepatitis A shots for W/WW workers.

-----Original Message-----From: Jim Pierce [mailto:jpierce@ci.addison.tx.us] Sent: Thursday, September 23, 2004 5:08 PM To: Betty Jordan (E-mail) Subject: Hepatitis Shots

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From: Doug Newport [dougn@wallace-group.com]

Sent: Friday, September 24, 2004 10:26 AM

To: Jim Pierce

Subject: RE: Hepatitis Shots

Jim

This is Doug Newport. Good to hear from you. How have you been? I am home recupperating from prostate cancer surgery. My surgery was about 1 1/2 weeks ago and I am doing fine. I am working for the Wallace Group out of Waco in their Dallas office. I am have great fun working for them.

When I worked for the City of Independence Mo. we had an area of town that was on septic tanks and there was a high incident of hepatitis in that area. I would highly recommend that the City's sewer workers be vacinated.

Doug Newport

From: Jim Pierce [mailto:jpierce@ci.addison.tx.us] Sent: Thu 9/23/2004 5:08 PM To: Betty Jordan (E-mail) Subject: Hepatitis Shots

Betty: 1 am trying to build a case to provide Hepatitis A shots for our utility workers. Could you poll the membership and ask if any cities or towns in the area are offering, or requiring, their utility (sewer) workers to be vaccinated? If so I would like some details of their program. They can contact me as per below. Thanks,

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From:	Zabolio, Jody [Jody.Zabolio@fortworthgov.org]
Sent:	Friday, September 24, 2004 10:15 AM
To:	Jim Pierce
Subject:	RE: Hepatitis Shots

Jim, the City of Fort Worth offers the Hepatitis A series of vaccinations to anyone who wishes to receive them. It is completely voluntary although strongly recommended to those who are likely to come in contact with sewage in their day-to-day work activities. For those who choose to receive the series, the City covers all the costs. Feel free to contact me if you have any questions.

P.S. I am fairly certain that we also offer the Hepatitis C series as well although the person who administers the program is not at work today to verify.

Thanks for your help! Jody Zabolio 817-392-4963 Fax: 817-548-5755

Jeft personge

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From:	David Wasson [bwsadlw@bwsa.org]
Sent:	Friday, September 24, 2004 9:39 AM
To:	Jim Pierce
Subject:	RE: Hepatitis Shots

Jim

We offer the shots to any employee wanting to take it. There were a few that did not want to take it.

David L. Wasson General Manager Benbrook Water & Sewer Authority 1121 Mercedes Street Benbrook, Texas 76126 Phone: 817.249.1250 Fax: 817.249.6965

No form used

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From:John Bennett [BennettJ@trinityra.org]Sent:Friday, September 24, 2004 9:34 AMTo:Jim PierceSubject:RE: Hepatitis Shots

TRA offers the shots on a voluntary bases to all our employees working in the wastewater field.

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From:	White, Rick [RWhite@ci.azle.tx.us]
Sent:	Friday, September 24, 2004 8:54 AM
To:	Jim Pierce
Subject:	RE: Hepatitis Shots

The City of Azle does require there workers to be vaccinated, but we do encourage it and pay for the shots and testing. This program was started in the 2002-2003 budget and all of our Utility Maintenance workers have received there shots and only 1 plant operator has declined to take the shots. We currently offer the Hepatitis A - B - tetanus - chicken pox -TB - MMR. The shots are given through the occupational health at Harris Methodist North West. If you need any further information contact me at the number below.

left voice mail

Rick White Utility Manager City of Azle 613 S.E Parkway Azle, Texas 76020 817-444-2541 Ext.258

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From:	Julie Winchell [juliw@cleburne.net]
Sent:	Friday, September 24, 2004 8:49 AM
То:	Jim Pierce
Subject:	Re: Hepatitis Shots

Jim,

Here in Cleburne we offer the option to take hepatitis A and B vaccinations to all Sanitation, Water Utilities (distribution, collection, and plant employees - not office only personnel), Police and Fire Department employees. It is voluntary to take the shots and Human Resources has a form that they provide to the employees explaining the program with a place for them to check off and sign whether they want the shots or not.

We started the program a few years ago with all the existing employees given the option at that time. Now new hires get the form with their new employee orientation and arrangements for the shots are handled by the Human Resources Risk Manager. The shots are paid for by the City and are given by EMTs from the Fire Department. Records are made and appointments for the shots and follow up blood work are maintained by the Risk Manager.

I feel more confident in my field work because I have had the shot series. For me it is as important as keeping up my Tetanus shots since my work does require my sampling and working with wastewater effluent.

If you have any additional questions about our program please contact Bill Pannell, the City of Cleburne Risk Manager at (817) 645-0916.

Julie Winchell, Environmental Coordinator City of Cleburne (817) 645-0961

left Voice mail

----- Original Message -----From: "Jim Pierce" <jpierce@ci.addison.tx.us> To: "Betty Jordan (E-mail)" <bjordan@apaienv.com> Sent: Thursday, September 23, 2004 5:08 PM Subject: Hepatitis Shots

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Jim Pierce

From:Joel Otts [joel@azmail.net]Sent:Thursday, September 23, 2004 9:50 PMTo:Jim PierceSubject:Hepatitis Shots

Jim, The City of Waxahachie offers Hepatitis shots for every utility worker. We do not require these shots but encourage new employees to get them even to the point of paying overtime for the time that they take if they are on evening or night shift.

From:Rafalko, Madelene [Madelene.Rafalko@FortWorthGov.org]Sent:Thursday, September 23, 2004 5:28 PMTo:Jim Pierce; Betty Jordan (E-mail)Cc:Shewmaker, TomSubject:RE: Hepatitis Shots

Betty & Jim: City of Fort Worth offers Hep A vaccinations to staff, but they are not required. You may wish to contact Tom Shewmaker, the Village Creek WWTP Safety Coordinator for more information. Madelene

----Original Message----From: Jim Pierce [mailto:jpierce@ci.addison.tx.us] Sent: Thursday, September 23, 2004 5:08 PM To: Betty Jordan (E-mail) Subject: Hepatitis Shots

817-392-4960 left Voie mail

Betty: I am trying to build a case to provide Hepatitis A shots for our utility workers. Could you poll the membership and ask if any cities or towns in the area are offering, or requiring, their utility (sewer) workers to be vaccinated? If so I would like some details of their program. They can contact me as per below. Thanks,

Jim Pierce, P.E. Assistant Public Works Director P.O. Box 9010 Addison, TX 75001-9010 972-450-2879 jpierce@ci.addison.tx.us

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JIM PIERCE, P.E. Assistant Public Works Director (972) 450-2879 (972) 450-2837 FAX jpierce@ci.addison.tx.us

Town of Addison 16801 Westgrove Dr. P.O. Box 9010, Addison, Texas 75001-9010

7-21-04 Judy, Randy: I have read Chris Cullen's memo-regarding Hepatitis B Vaccinations, and I agree. However, I believe our Public Works people should be Vaccunted against Hepatitis A. Clease see attached. Thanks.



Memorandum

- To: Judy Stafford, Director of Human Resources Randy Moravec, Chairman, Safety Review Board
- Cc: Valerie Benavides, Monica Hernandez

From: Chris Kellen, EMS/Training Chief

Date: July 16, 2004

Re: Hepatitis B Vaccinations

It appears that under the Texas Department of Health Government Code 607.004 concerning Preventative Immunizations and Vaccinations that police officers fall under the *other* governmental employee may be exposed in performing official duties and for which immunization is possible.

It is my recommendation concerning Hepatitis B immunizations that: 1) The Town adopts a policy for our police officers similar to the fire department and/or the

Arlington Police Department's.

2) We also discussed the possibility of offering preventive immunizations to personnel from public works however I do not believe this is necessary since the primary means of contracting Hepatitis B is through direct contact of blood, which unless I am mistaken would not occur very often if at all.

Texas Department of Health Government Code § 607.004. PREVENTATIVE IMMUNIZATIONS AND VACCINATIONS.

(a) A certified fire fighter or other governmental employee who operates an ambulance or who responds to emergency medical calls is entitled to preventative immunization for any disease to which the fire fighter or other governmental employee may be exposed in performing official duties and for which immunization is possible.



California Morbidity

State of California Pete Wilson, Governor

RECOMMENDED IMMUNIZATION FOR SEWAGE WORKERS

The Division of Communicable Disease Control previously published recommendations for preventing illness in sewage workers (California Morbidity #35/36, September 4, 1992). Questions continue to be received, not only for the diseases discussed last time but also because of concerns about HIV and hepatitis A and B.

It should be emphasized that there are NO state immunization requirements mandated for sewage workers. Any requirements that exist are made at the local level by employers. According to Cal/OSHA officials, sewage workers are not covered by the "Cal/OSHA Bloodborne Pathogens Standard" unless they regularly work directly on sewerage lines within health care facilities or before those lines join other (e.g., municipal) sewerage lines.

This is a difficult area, where the very small risk of disease (from pooled human sewage) must be balanced against the very small risk of adverse effects (and cost) of immunization. Though published data do not exist for all of the disease-specific recommendations outlined below, California Department of Health Services recommendations, which incorporate the USPHS Advisory Committee on Immunization Practices (ACIP) recommendations where available, are as follows:

- 1. Frequent, routine handwashing is the most important safeguard in preventing infection by agents present in sewage.
- 2. Protective clothing (i.e., work clothes, coveralls, boots, and--when appropriate, gloves and plastic face shields) is recommended. Such work clothes should not be worn home or outside the immediate work environment.
- 3. Immunization recommendations can be categorized as follows:

a. <u>Recommended</u>

- ? Tetanus-diphtheria (Td)....All adults, and especially sewage workers, should be up-to-date on Td immunization. For those who have completed the basic series of three immunizations, a booster should be given every ten years.
- ? No other immunizations are routinely recommended at the present.

b. Not Routinely Recommended

- Poliomyelitis Sewage workers are at very slight risk of vaccine polio virus exposure but at virtually no risk of wild polio virus exposure. No cases of occupationally acquired paralytic poliomyelitis in U.S. sewage workers have been documented since polio vaccine came into widespread usage.
- ? Typhoid Fever The risk of this disease for sewage workers in California is exceedingly small. Only one case has ever been reported in a California sewage worker and this was in an individual who had received at least one dose of typhoid vaccine nine months previously.
- ? Immune globulin (IG) and Hepatitis A Vaccine Routine hepatitis A immunoprophylaxis is not recommended due to lack of evidence of significant occupational risk for sewage workers in this country (MMWR 1996; 45 No. RR-15).
- ? Hepatitis B Vaccine While blood and other body fluids (e.g., menstrual discharges, etc.) enter the sewage stream, hepatitis B virus is present only in very dilute concentrations. No cases of hepatitis B have been linked to sewage exposure in the U.S. Moreover, since hepatitis B is not transmitted by the fecal-oral route, there is little risk from municipal sewage.
- ? Cholera The risk of cholera for sewage workers is extremely remote. Only a few cases of imported cholera are reported each year in California and there has been no secondary transmission. *Vibrio cholerae* concentrations in California sewage are so dilute as to probably be non-infectious. (Whereas 10² Shigella are needed to cause disease, as many as 10⁶ to 10⁸ V. cholerae are needed.) Even if cholera did result, specific treatment is readily available.

Finally, a word about **HIV** and the risk of **AIDS** from sewage. The remarks made above about hepatitis B, and its extreme dilution in sewage, apply to HIV as well - except that the level of HIV in sewage would be even several orders of magnitude less than that of hepatitis B. Moreover, like hepatitis B, HIV is not transmitted by the fecal-oral route. Thus, the risk of hepatitis B from sewage is virtually non-existent and the risk of HIV transmission from sewage is even less.

Reported by: Immunization Branch, Division of Communicable Disease Control, California Department of Health Services.

Jim Pierce

From:	John Stubbart [jstubbart@awwa.org]
Sent:	Thursday, April 29, 2004 10:10 AM
To:	Jim Pierce
Subject:	Immunization

Jim, AWWA is primarily on the water side, so immunization is not as much an issue as the wastewater side. On the wastewater side, immunization for hepatitis A&B were ones we always got our staff as a health policy.

John Stubbart AWWA Small Systems Manager Standards Liaison 303-347-6191

>>> <jpierce@ci.addison.tx.us> 4/28/2004 3:47:38 PM >>>

Does AWWA have any written policies or recommendations regarding immuization of operators or laborers? Thanks

From: Jim Pierce jpierce@ci.addison.tx.us AWWA Member: Yes AWWA Member number: 19350 Phone Number: 972-450-2879

Job Title: Management

Business: Public Municipal Utility

American Water Works Association The Authoritative Resource for Safe Drinking Water (SM)

One World, One Water, One event not to be missed. Coming June 13-17, 2004 in Orlando, FL, ACE has everything you are looking for in one place! Register online www.awwa.org

This email has been scanned for all viruses by the MessageLabs SkyScan service.

HEPATITIS B IMMUNIZATION AUTHORIZATION/REFUSAL

EMPLOYEE	NAME :	DATE:	
PROJECT:		OEPT:	and a second

AUTHORIZATION:

1, I, _____, do hereby authorize the administration of Recombivax/Recombivax booster. I understand the occupational risks of contracting Hepatitis B, the immunity provided by Recombivax, the contraindications and the effectiveness of the vaccine. Although the duration for protection is unknown at present, available data suggests immunity will last about five years. I also understand the Recombivax will not prevent other types of Hepatitis (for example, Hepatitis A and Hepatitis C). Because of the long incubation period for Hepatitis B, it is possible for unrecognized infection to be present at the time Recombivax is given. The vaccine may not prevent Hepatitis in such persons. I understand I should NOT take this injection if I am allergic to yeast or yeast products. If I have a history of some type of liver disease I will consult my physician before I take the injection.

Signature: ______ Witness: _____

REFUSAL:

I understand that due to my occupational exposure to blood or other potentially infectious materials I may be at risk of acquiring hepatitis B virus (HBV) infection. I have been given the opportunity to be vaccinated with hepatitis B vaccine, at no charge to myself. However, I decline hepatitis B vaccination at this time. I understand that by declining this vaccine, I continue to be at risk of acquiring hepatitis B, a serious disease. If in the future I continue to have occupational exposure to blood or other potentially infectious materials and I want to be vaccinated with hepatitis 8 vaccine, I can receive the vaccination series at no charge to me.

Signature: Witness:							
IMMUNIZAT	TION RECORD:						
Previous	immunization	kanan andri kun	NO	Υ	ES	DATES:	······································
HBSAB	NO	YES	RESULTS		·		,
VACCINAT	VACCINATION RECORD;						
ſ <u></u>	DATE	SITE		ADMINISTERE	DBY	LO	T #
	<u> </u>						
L			(

TRA CRWS

DATE:	8 NOVEMBER 2004
TO:	PUBLIC WORKS PERSONNEL
FROM:	JIM PIERCE
SUBJECT:	HEPATITIS VACCINE

Please read the attached literature concerning hepatitis.

The Public Works Department is offering to all Department employees the opportunity to receive Hepatitis vaccine shots at no cost to the employee. There is no requirement that you take the shots. It is completely voluntary on your part.

Please complete the information below and return it to your supervisor.

NAME

I choose to receive the vaccine for Hepatitis A.

I choose to receive the vaccine for Hepatitis A and Hepatitis B(combined vaccine)

I will be responsible for scheduling any second doses required.

I choose NOT to receive Hepatitis vaccine.

SIGNATURE

Jim Pierce

From: Bonnie Battersby [bbattersby@waxahachie.com]

Sent: Wednesday, October 20, 2004 11:30 AM

To: Jim Pierce

Subject: CONSENT FORM

ELLIS COUNTY DIAGNOSTIC CLINIC 505 N. HWY, 77, SUITE 200 WAXAHACHIE, TX 75165

HEPATITIS B VACCINE CONSENT/REFUSAL FORM

Indicate below by your signature that you **WISH TO RECEIVE** the Vaccine. By this signature you are confirming that you received an explanation of the immunization program, that you have granted permission to Ellis County Diagnostic to administer these injections and that you agree to release Ellis County Diagnostic, its employees and agents from responsibility with regard to adverse reaction from these injections.

)ate

Signature

City of Waxahachie

Dates	Vaccine	Lot	Expiration	Signature
Vaccinated	Туре	Number		

Indicate below by your signature that you received an explanation of the vaccine and <u>DO NOT</u> <u>VISH TO RECEIVE</u> the vaccine at this time.

)ate

Signature

HUMAN RESOURCES

Post-It* Fax Note 7671	Date # of pages
To Jim Pierce	From Bill Panaell
Co./Depl.	Co. Claborne
Phone #	Phone \$ 817 645 0914
Fax # 972 450 2837	Fax #

HEPATITIS VACCINATION CONSENT/DECLINATION FORM

I understand that due to my occupational exposure to potentially infectious materials, I may be at risk of acquiring the Hepatitis A and B virus. I have been given the opportunity to be vaccinated with the Hepatitis A and B vaccines at no charge to myself.

Please check one:



Yes, I would like to receive the Hepatitis A Vaccination only.

Yes, I would like to receive the Hepatitis B Vaccination only.

Yes, I would like to receive <u>both</u> Hepatitis A and Hepatitis B vaccines.

No, I decline both the Hepatitis A and Hepatitis B vaccines at this time. I understand, by declining both vaccines that I continue to be at risk of acquiring Hepatitis A and/or Hepatitis B, which are both serious diseases. I understand that in the future, if I desire to be vaccinated with either or both vaccines, I can receive the vaccines at no charge to me.

Employee Signature

Date

Employee Printed Name

Job Title/Department

...... À

HEPATITIS A

Hepatitis A

CAN

🖝 is a disease of the liver

- is spread by feces (stool)-to- mouth contact from:
 - unwashed hands
 - uncooked food (including shellfish)
 - anal-oral sex

is commonly spread in:

- families
- child-care centers with diapered children
- jails
- shelters
- other institutions with diapered persons
- is common in places lacking safe systems for sanitation of water and food
- is not spread by coughing, sneezing, or other casual contact

Signs and Symptoms

BE

- fatigue
- mild fever
- flu-like illness
- nausea and vomiting
- stomach ache
- loss of appetite

🖝 Some people have:

- no symptoms at all
- yellow eyes and skin (jaundice)
- dark urine
- light-colored stool

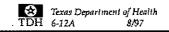
Treatment

- doctor visit
- rest
- low-fat foods
- plenty of liquids
- no beer, wine, or liquor
- no "pot" or other drugs
- Antibiotics and other medications do not help because hepatitis A is caused by a virus.

PREVENTED!

Prevention

- Wash your hands well after using the bathroom, before touching food or drink, and after changing a baby's diaper.
- Do not let anyone who has hepatitis A make or serve food for you or your family.
- If you live or have close contact with someone who has hepatitis A, ask your local health department or physician if you need an immune globulin (IG) shot.
- There is a vaccine (2 doses six months apart) for persons 2 years old or older. Get the vaccine if you:
 - live in or travel often to a country where hepatitis A is common
 - are a child living in an area where hepatitis A is common
 - use street drugs
 - are a man who has sex with other men
 - have chronic liver disease or a blood- clotting disorder



Hepatitis A, B, Cs

Hepatitis C has been much in the news. Naomi Judd, Pamela Anderson, and Larry Hagman have announced that they are infected with it; Mickey Mantle died of complications from it. About 4 million Americans are infected, and the number of deaths, mostly among those infected more than a decade ago, is rising dramatically every year. The good news is that the number of new infections has dropped just as dramatically.

It's easy to be confused about the various forms of viral hepatitis-A, B, and C (not to mention D and E)-which differ in important ways. Hepatitis A spreads by different means than B or C. The symptoms are often similar, but they can vary greatly in severity and in when they appear. There are more acute cases (short-term disease following the initial infection) of hepatitis A and B in this country, but hepatitis C is the biggest problem because more of those infected remain infected for life. And while there are vaccines for hepatitis A and B, there is none for C.

What is it?

Hepatitis means inflammation of the liver. The infectious form is usually caused by one of five viruses (called A, B, C, D, and E). It impairs the ability of the liver to carry out its normal functions, and may cause mild to severe flulike symptoms as well as jaundice (yellowish skin and eyes) and, many years later, serious lifethreatening ailments such as cirrhosis and liver cancer. But often there are no symptoms. There are also noninfectious forms of hepatitis caused by toxic substances---notably alcohol----and by the excessive use of certain medications. These include acetaminophen (brand name Tylenol), especially when taken with alcohol.

Since the hepatitis viruses spread in different ways, certain groups are at greater risk for each infection. Hepatitis A spreads via contaminated food and water, while B is now primarily a sexually transmitted infection. Hepatitis C is mostly a worry for those who received transfusions before 1992.

There are drugs to treat hepatitis B and C (but not A). These are not always effective and are expensive; some have bad side effects.

Protecting yourself and others

Wash your hands. Always wash with soap and water after using the toilet, after changing diapers, before handling food, and before eating. This helps stop the spread of many diseases, including hepatitis A.

Cook your foods adequately. Hepatitis A can spread via raw or undercooked food, especially shellfish.

Practice safer sex. Condoms significantly reduce your risk of getting hepatitis B and C. This is especially important if you know that your partner is infected or if you have multiple partners.

/ Hepatitis A vaccine. People who travel to Mexico or Latin America, Africa, Eastern Europe, the countries of the former Soviet Union, or other areas where hepatitis A is common should be vaccinated. So should those with chronic liver disease (including hepatitis B or C), as well as children living in states or communities with a high rate of hepatitis A. The vaccine provides protection for at least 10 years if you get a second shot after 6 to 12 months.

/ Hepatitis B vaccine. Newborns are now routinely vaccinated. Children and adolescents (not previously vaccinated) should also get the vaccine. Other groups include sexually active gay men, heterosexuals with multiple partners, health-care workers, drug users who share needles, and people who travel frequently to high-risk areas. If your partner is infected, you should be vaccinated. The three-dose vaccine provides immunity for at least seven years.

✓ Consider the new combined vaccine for hepatitis A and B if you are traveling to countries where these diseases are common, or if you are a health-care worker or have chronic liver disease.

Talk to your doctor about getting tested for hepatitis C if you had a blood transfusion before July 1992. Methods used to screen donated blood were less accurate before then, so the risk of acquiring the virus from a transfusion was greater. Also consider testing if you have ever shared a needle or have had unsafe sex with multiple partners. There is an FDA-approved home test for hepatitis C, sold in drugstores for about \$70 and also available by mail (call 888-888-HEPC).

✓ If you are pregnant, have a hepatitis B test. If it's positive, a physician can help protect the newborn with a special injection at birth.

Unsterilized needles can transmit blood infected with hepatitis B or C (as well as HIV). If you are getting your body pierced or tattooed, or are receiving acupuncture, make sure the needles are brand new or have been properly sterilized in an autoclave.

✓ Don't share razors, toothbrushes, manicure tools, or anything else that might transmit blood.

			What you need to know			
TYPE	CHRONIC	HOW TRANSMITTED	VACCINE	COMMENT		
A	No	Primarily food or water contaminated by feces of an infected person.	Yes, alone or with B.	Usually causes no symptoms or mild flulike symptoms, nausea, diarrhea, and jaundice. Most people recover completely. Can cause serious illness and, in rare cases, death. Confers lifelong immunity. High risk when traveling in developing countries.		
В	About 5% of adult infections	Blood and other hody fluids, usually via unprotected sex or shared needles (same as HIV). Also mother to fetus.	Yes, alone or with A.	Symptoms generally mild; half get jaundice. About 1 million Americans have chronic infections, are carriers, and are at risk for cirrhosis and/or liver cancer. Health-care workers are at increased risk. Fewer new infections in recent years, thanks to vaccine and screening of donated blood.		
С	About 85% of cases	Blood, usually via trans- fusions before 1992 or shared needles. Sexual trans- mission rare, but risk rises with multiple partners.	No.	Called non-A, non-B hcpatitis until 1988. About 4 million chronic carriers in U.S. Usually no (or mild) initial symptoms. Symptoms may not appear for 10-20 years; about 20% develop cirrhosis or liver cancer. Risk from transfusions now minuscule. Leading cause for liver transplants in U.S. Health-care workers are at increased risk.		
D	Yes	Same as B.	No.	Rare in U.S. Occurs only in people with hepatitis B.		
Е	No	Same as A.	No.	Rare in U.S. Almost exclusively in developing countries, especially south Asia		

What you need to know

UC Berkeley Wellness Letter, December 2002 5

Shoulders in motion

Your shoulder is your most flexible joint, with a wide range of motion: you can rotate your arm 360 degrees and put your hand almost anywhere in a wide arc. You can catch a fly ball, lift a heavy box that's been left on your doorstep, and swing a small child all around—at least in theory. This enormous range, and the complex structure it takes to provide it, is probably why the shoulder is so easily injured. Anybody—the young, the middle-aged, the old—can have shoulder problems.

Anyone doing heavy chores around the house and garden can get shoulder pain. Heavy lifting, in particular, can hurt your shoulder, as can anything involving overhead activity. So can tennis, golf, or throwing a ball. Swimming, ordinarily so easy on the joints, can sometimes injure the shoulder. This doesn't mean, of course, that you should not pursue these activities just that it's worth thinking about preventive measures.

The shoulder joint is a complicated mechanism, consisting of three bones-the collarbone (clavicle), upper arm bone (humerus), and shoulder blade (scapula). Actually, the shoulder has at least two joints, one between the shoulder blade and the collarbone, the second a ball-and-socket joint that holds the upper end of the arm bone. The ball of the arm bone is actually larger than the rather shallow socket that holds it (more like a ball on a plate than a ball-and-socket joint), which gives it its great range of motion, and thus must be held in place by an array of muscles, tendons, and ligaments. The rotator cuff, composed of four different muscles and their tendons, gives the shoulder its great mobility and strength, as well as holding the arm bone in place. Small sacs, called bursae, cushion muscle, bone, and tendon. And, of course, there is cartilage that cushions and stabilizes this complex mechanism. It's a beautiful piece of biological engineering-like the knee. And as with that other joint, much can go wrong.

You can get shoulder pain for many reasons. You can injure yourself in a fall or otherwise. You may tear the rotator cuff with repeated golf swings, your tennis overhand, or your Australian crawl. Maybe your job requires, or required, heavy lifting—for example, hoisting small or not-so-small children. Women seem to have more shoulder problems than men, perhaps because of the demands of housework and child care. Besides athletes, many others are at risk: welders, hairdressers, carpenters, and anybody whose activities involve lots of shoulder movement. Sometimes shoulder pain can start with no discernible cause.

Some common problems

Bursitis: The bursae (cushioning sacs) can get inflamed. It starts as a kind of dull misery. Excessive strain, from athletic activities or work, can bring it on. Sometimes it is the first sign of arthritis in the shoulder. Often there is no evident cause.

Osteoarthritis: A thinning of the cartilage that frequently comes with overuse or increasing age. Pain and reduced range of movement are usually the first signs.

Tendinitis: Tendons anchor muscle to bone in the shoulder (and elsewhere in the body). Sometimes tendons get inflamed, usually following an injury, with resulting pain and swelling.

Rotator cuff injury: Sports or heavy lifting can injure tendons in the rotator cuff, which may get thickened and inflamed, possibly resulting in microscopic or larger tears. If the tendons swell, they may get trapped under the shoulder bone, a condition known as "impingement syndrome." The bursae can get into the act as well.

Frozen shoulder: Underuse, perhaps following an injury, may cause loss of range of motion and result in a "frozen" shoulder. Pain and stiffness usually come on slowly, making movement difficult.

Dealing with a shoulder injury

The first step is to rest, at least for a day or two. And do what you would do for any muscle ache or pain:

 \checkmark Take an over-the-counter pain reliever such as aspirin, ibuprofen, or naproxen. Acetaminophen (Tylenol, for example) will help with pain, but not inflammation.

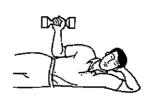
 \checkmark Try icing the shoulder the first day or two. Then try heat. Whatever offers relief is the right thing.

 \checkmark A sling to anchor the shoulder can help if movement is really painful. But if the injury is that severe, you need to see a doctor. \checkmark If pain is severe or doesn't get better in a few days with home treatment, see a doctor. You'll need a diagnosis, and many kinds of tests are available (X-rays may or may not be needed). Moist heat, ultrasound, and gentle exercise, especially stretching, are usually effective for shoulder pain. In advanced cases of rotator cuff injury, surgery is sometimes considered. But an exercise program is the thing to try first, and it works in most cases. Your doctor may refer you to a physical therapist.

The exercises below can help prevent shoulder pain, as well as promote healing. If you play golf or tennis, swim a lot, or do a lot of lifting or overhead activity in your daily routine, it's not a bad idea to do some shoulder stretching and conditioning before any trouble starts. If you injure your shoulder in a sport, get some advice from an instructor before you resume playing.

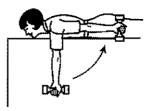
Towel stretch. Grasp a towel behind your back, with one arm behind you and the other arm raised over your shoulder. Pull the towel with the upper hand, but not to the point of discomfort. Hold for 10 seconds, repeat, then switch arms.





Shoulder strengthener. Lie on your side, supporting your head. Holding a light weight, bend your arm at a 90° angle and position your forearm parallel to the floor. Keeping your elbow against your side, raise the weight upward, as shown, then lower it forward. Repeat 10 times. Then switch sides.

Strengthener II. Lie on a table or bed, with one arm hanging down. Hold a light weight, and with the hand rotated outward, swing the arm straight back. Hold for 2 seconds, then lower slowly, and repeat 10 times. Then switch sides. Variation: rotate the hand inward and lift the weight forward, almost parallel to the floor; hold, lower, and repeat.





Band strengthener. Anchor elastic exercise band to fixed object. Stand with elbow at side, bent at 90°, and grip band. Pull arm slowly across body, keeping elbow at side, then return slowly. Repeat. Then pull with other arm from same position. Then turn around and repeat with each arm. (b) The employee and any member of the employee's immediate family are entitled to vaccination for a contagious disease to which the employee is exposed during the course of employment.

- (c) The employing governmental entity may satisfy the requirements of this section by:
 - (1) providing the immunization or vaccination without
 - charge; or

(2) reimbursing the employee for any necessary and reasonable expenses incurred by the employee for the immunization or vaccination.

Arlington Police Department requires all new officers to either:

- 1. Provide documentation that they have been vaccinated or,
- 2. Take the vaccine or,
- 3. Sign a waiver relieving the City of any liability should they contract the disease.

Please let me know if you need additional information.

Points to consider.

Police may arrive *Before* the Fire Department and may be exposed to Blood and or Bodily fluids before Paramedics can cover wounds.

Persons in custody of Police may have communicable disease. Police officers will have contact when arresting/booking these individuals.

Police officers may have to subdue or restrain infected persons and will be at risk for exposure.

What causes the patitis?

Hepatitis can be caused by several factors including chemical toxicity, drugs, alcohol, and most notably viral infections. The five common viruses causing hepatitis are:

Viral Hepatitis A: Typically spread by eating food or drinking water contaminated with human feces.

Viral Hepatitis B: Typically spread from mother to child at birth, through sexual contact, blood transfusions, or needles.

Viral Hepatitis C: The most common of viral forms, typically spread through blood transfusions, needles, sexual contact, or working in a medical environment.

Viral Hepatitis D: Spread only in the presence of hepatitis B and transmitted in the same ways.

Viral Hepatitis E: Most commonly found in people who live in countries with poor sanitation.

Liver inflammation can also be caused by medications, recreational drug use, severe chemical toxicity, and alcohol abuse.