

# HEPATITIS A

## General Information

### What is hepatitis?

“Hepatitis” means inflammation of the liver. The liver is a vital organ that processes nutrients, filters the blood, and fights infections. When the liver is inflamed or damaged, its function can be affected.

Hepatitis is most often caused by a virus. In the United States, the most common types of viral hepatitis are Hepatitis A, Hepatitis B, and Hepatitis C. Heavy alcohol use, toxins, some medications, and certain medical conditions can also cause hepatitis.

### What is Hepatitis A?

Hepatitis A is a contagious liver disease that results from infection with the Hepatitis A virus. It can range in severity from a mild illness lasting a few weeks to a severe illness lasting several months.

### Who is at risk?

Although anyone can get Hepatitis A, some people are at greater risk, such as those who:

- Travel to or live in countries where Hepatitis A is common
- Use recreational drugs, whether injected or not
- Have sexual contact with someone who has Hepatitis A
- Have clotting-factor disorders, such as hemophilia
- Are men who have sexual encounters with other men
- Are household members or caregivers of a person infected with Hepatitis A

### How common is Hepatitis A?

Hepatitis A still occurs in the United States, although not as frequently as it once did. Over the last 20 years, there has been more than a 90% decrease in Hepatitis A cases. New cases are now estimated to be around 20,000 each year. Many experts believe this decline is a result of the vaccination of children and people at risk for Hepatitis A.



Hepatitis A can be prevented with a safe and effective vaccine.

### How is Hepatitis A spread?

Hepatitis A is usually spread when a person ingests fecal matter—even in microscopic amounts—from contact with objects, food, or drinks contaminated by feces or stool from an infected person.

Hepatitis A can be spread when:

- An infected person does not wash his or her hands properly after going to the bathroom and then touches objects or food
- A caregiver does not properly wash his or her hands after changing diapers or cleaning up the stool of an infected person
- Someone engages in certain sexual activities, such as oral-anal contact with an infected person

Hepatitis A also can be spread through contaminated food or water. This most often occurs in countries where Hepatitis A is common, especially if personal hygiene or sanitary conditions are poor. Contamination of food can happen at any point: growing, harvesting, processing, handling, and even after cooking.

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Centers for Disease  
Control and Prevention

## What are the symptoms of Hepatitis A?

Not everyone has symptoms. If symptoms develop, they usually appear 2 to 6 weeks after becoming infected and can include:

- Fever
- Vomiting
- Dark urine
- Fatigue
- Abdominal pain
- Joint pain
- Loss of appetite
- Grey-colored stools
- Jaundice
- Nausea

Symptoms are more likely to occur in adults than in children. They usually last less than 2 months, although some people can be ill for as long as 6 months.



People can spread Hepatitis A even if they don't look or feel sick. Many children and some adults have no symptoms.

## How is Hepatitis A diagnosed and treated?

A doctor can determine if a person has Hepatitis A by discussing his or her symptoms and taking a blood sample. To treat Hepatitis A, doctors usually recommend rest, adequate nutrition, fluids, and medical monitoring. Some people will need to be hospitalized. It can take a few months before people begin to feel better.

## How serious is Hepatitis A?

Most people who get Hepatitis A feel sick for several months, but they usually recover completely and do not have lasting liver damage. Sometimes Hepatitis A can cause liver failure and death, although this is rare and occurs more commonly in people older than 50 and people with other liver diseases.

## Can Hepatitis A be prevented?

Yes. The best way to prevent Hepatitis A is by getting vaccinated. Experts recommend the vaccine for all children, some international travelers, and people with certain risk factors and medical conditions. The Hepatitis A vaccine is safe and effective and given as 2 shots, 6 months apart. Both shots are needed for long-term protection.

Frequent handwashing with soap and water—particularly after using the bathroom, changing a diaper, or before preparing or eating food—also helps prevent the spread of Hepatitis A.

## Who should get vaccinated against Hepatitis A?

Vaccination is recommended for certain groups, including:

- All children at age 1 year
- Travelers to countries where Hepatitis A is common
- Family and caregivers of recent adoptees from countries where Hepatitis A is common
- Men who have sexual encounters with other men
- Users of recreational drugs, whether injected or not
- People with chronic or long-term liver disease, including Hepatitis B or Hepatitis C
- People with clotting-factor disorders

## For more information

Talk to your health professional, call your health department, or visit [www.cdc.gov/hepatitis](http://www.cdc.gov/hepatitis) or [www.cdc.gov/travel](http://www.cdc.gov/travel).

# HEPATITIS B

## General Information



### Who is at risk?

Although anyone can get Hepatitis B, some people are at greater risk, such as those who:

- Have sexual contact with an infected person
- Have multiple sex partners
- Have a sexually transmitted disease
- Are men who have sexual encounters with other men
- Inject drugs or share needles, syringes, or other injection equipment
- Live with a person who has Hepatitis B
- Are on hemodialysis
- Are exposed to blood on the job
- Are infants born to infected mothers

### What is hepatitis?

“Hepatitis” means inflammation of the liver. The liver is a vital organ that processes nutrients, filters the blood, and fights infections. When the liver is inflamed or damaged, its function can be affected.

Hepatitis is most often caused by a virus. In the United States, the most common types of viral hepatitis are Hepatitis A, Hepatitis B, and Hepatitis C. Heavy alcohol use, toxins, some medications, and certain medical conditions can also cause hepatitis.

### What is Hepatitis B?

Hepatitis B is a contagious liver disease that results from infection with the Hepatitis B virus. When first infected, a person can develop an “acute” infection, which can range in severity from a very mild illness with few or no symptoms to a serious condition requiring hospitalization. **Acute** Hepatitis B refers to the first 6 months after someone is exposed to the Hepatitis B virus. Some people are able to fight the infection and clear the virus. For others, the infection remains and leads to a “chronic,” or lifelong, illness. **Chronic** Hepatitis B refers to the illness that occurs when the Hepatitis B virus remains in a person’s body. Over time, the infection can cause serious health problems.

**The best way to prevent Hepatitis B is to get vaccinated.**

### Is Hepatitis B common?

Yes. In the United States, approximately 1.2 million people have chronic Hepatitis B. Unfortunately, many people do not know they are infected. The number of new cases of Hepatitis B has decreased more than 80% over the last 20 years. An estimated 40,000 people now become infected each year. Many experts believe this decline is a result of widespread vaccination of children.

### How is Hepatitis B spread?

Hepatitis B is usually spread when blood, semen, or other body fluids from a person infected with the Hepatitis B virus enter the body of someone who is not infected. This can happen through sexual contact with an infected person or sharing needles, syringes, or other injection drug equipment. Hepatitis B can also be passed from an infected mother to her baby at birth.

Hepatitis B is not spread through breastfeeding, sharing eating utensils, hugging, kissing, holding hands, coughing, or sneezing. Unlike some forms of hepatitis, Hepatitis B is also not spread by contaminated food or water.



### Can Hepatitis B be spread through sex?

Yes. In the United States, Hepatitis B is most commonly spread through sexual contact. The Hepatitis B virus is 50–100 times more infectious than HIV and can be passed through the exchange of body fluids, such as semen, vaginal fluids, and blood.



## Who should get vaccinated against Hepatitis B?

Vaccination is recommended for certain groups, including:

- Anyone having sex with an infected partner
- People with multiple sex partners
- Anyone with a sexually transmitted disease
- Men who have sexual encounters with other men
- People who inject drugs
- People who live with someone with Hepatitis B
- People with chronic liver disease, end stage renal disease, or HIV infection
- Healthcare and public safety workers exposed to blood
- Travelers to certain countries
- All infants at birth

## What are the symptoms of acute Hepatitis B?

Not everyone has symptoms with acute Hepatitis B, especially young children. Most adults have symptoms that appear within 3 months of exposure. Symptoms can last from a few weeks to several months and include:

- Fever
- Vomiting
- Dark urine
- Fatigue
- Abdominal pain
- Joint pain
- Loss of appetite
- Grey-colored stools
- Jaundice
- Nausea

## What are the symptoms of chronic Hepatitis B?

Many people with chronic Hepatitis B do not have symptoms and do not know they are infected. Even though a person has no symptoms, the virus can still be detected in the blood. Symptoms of chronic Hepatitis B can take up to 30 years to develop. Damage to the liver can silently occur during this time. When symptoms do appear, they are similar to acute infection and can be a sign of advanced liver disease.

## How serious is Hepatitis B?

Over time, approximately 15%–25% of people with chronic Hepatitis B develop serious liver problems, including liver damage, cirrhosis, liver failure, and liver cancer. Every year, approximately 3,000 people in the United States and more than 600,000 people worldwide die from Hepatitis B-related liver disease.

## How is Hepatitis B diagnosed and treated?

Hepatitis B is diagnosed with specific blood tests that are not part of blood work typically done during regular physical exams. For acute Hepatitis B, doctors usually recommend rest, adequate nutrition, fluids, and close medical monitoring. Some people may need to be hospitalized. Those living with chronic Hepatitis B should be evaluated for liver problems and monitored on a regular basis. Even though a person may not have symptoms or feel sick, damage to the liver can still occur. Several new treatments are available that can significantly improve health and delay or reverse the effects of liver disease.

## Can Hepatitis B be prevented?

Yes. The best way to prevent Hepatitis B is by getting vaccinated. For adults, the Hepatitis B vaccine is given as a series of 3 shots over a period of 6 months. The entire series is needed for long-term protection. Booster doses are not currently recommended.

## For more information

Talk to your health professional, call your health department, or visit [www.cdc.gov/hepatitis](http://www.cdc.gov/hepatitis).



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[www.cdc.gov/hepatitis](http://www.cdc.gov/hepatitis)

# HEPATITIS C

## General Information



### Can Hepatitis C be prevented?

Yes. To reduce the risk of becoming infected with the Hepatitis C virus:

- Do not share needles or other equipment to inject cosmetic substances, drugs, or steroids
- Do not use personal items that may have come into contact with an infected person's blood, such as razors, nail clippers, toothbrushes, or glucose monitors
- Do not get tattoos or body piercings from an unlicensed facility or in an informal setting

### Is there a vaccine for Hepatitis C?

Although there is currently no vaccine to prevent Hepatitis C, research is being conducted to develop one.

### What is hepatitis?

"Hepatitis" means inflammation of the liver. The liver is a vital organ that processes nutrients, filters the blood, and fights infections. When the liver is inflamed or damaged, its function can be affected.

Hepatitis is most often caused by a virus. In the United States, the most common types of viral hepatitis are Hepatitis A, Hepatitis B, and Hepatitis C. Heavy alcohol use, toxins, some medications, and certain medical conditions can also cause hepatitis.

### What is Hepatitis C?

Hepatitis C is a contagious liver disease that results from infection with the Hepatitis C virus. When first infected, a person can develop an "acute" infection, which can range in severity from a very mild illness with few or no symptoms to a serious condition requiring hospitalization.

**Acute** Hepatitis C is a short-term illness that occurs within the first 6 months after someone is exposed to the Hepatitis C virus. For reasons that are not known, 15%–25% of people "clear" the virus without treatment. Approximately 75%–85% of people who become infected with the Hepatitis C virus develop "chronic," or lifelong, infection.

**Chronic** Hepatitis C is a long-term illness that occurs when the Hepatitis C virus remains in a person's body. Over time, it can lead to serious liver problems, including liver damage, cirrhosis, liver failure, or liver cancer (see chart).

### How is Hepatitis C spread?

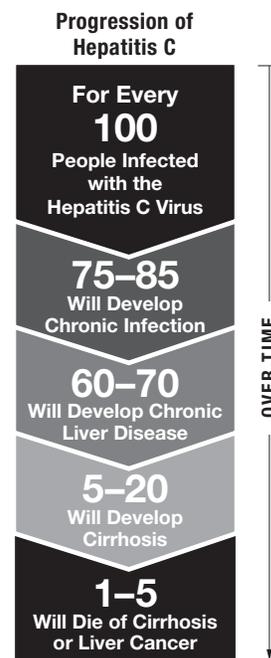
Hepatitis C is usually spread when blood from a person infected with the Hepatitis C virus enters the body of someone who is not infected. Today, most people become infected with Hepatitis C by sharing needles or other equipment to inject drugs. Before widespread screening of the blood supply began in 1992, Hepatitis C was also commonly spread through blood transfusions and organ transplants. Although uncommon, outbreaks of Hepatitis C have occurred from blood contamination in medical settings.

### Can Hepatitis C be spread through sex?

Yes, although scientists do not know how frequently this occurs. Having a sexually transmitted disease or HIV, sex with multiple partners, or rough sex appears to increase a person's risk for Hepatitis C. There also appears to be an increased risk for sexual transmission of Hepatitis C among gay men who are HIV-positive.

### Can a person get Hepatitis C from a tattoo or piercing?

There is little evidence that Hepatitis C is spread by getting tattoos in licensed, commercial facilities. Whenever tattoos or body piercings are given in informal settings or with non-sterile instruments, transmission of Hepatitis C and other infectious diseases is possible.





## How is Hepatitis C treated?

Since acute Hepatitis C rarely causes symptoms, it often goes undiagnosed and therefore untreated. When it is diagnosed, doctors recommend rest, adequate nutrition, fluids, and antiviral medications. People with chronic Hepatitis C should be monitored regularly for signs of liver disease. Even though a person may not have symptoms or feel sick, damage to the liver can still occur. Antiviral medication can be used to treat some people with chronic Hepatitis C, although not everyone needs or can benefit from treatment. For many, treatment can be successful and results in the virus no longer being detected.

## What can people with Hepatitis C do to take care of their liver?

People with chronic Hepatitis C should see a doctor regularly. They also should ask their health professional before taking any prescriptions or over-the-counter medications—including herbal supplements or vitamins—as they can potentially damage the liver. People with chronic Hepatitis C should also avoid alcohol since it can accelerate liver damage.

## How common is Hepatitis C?

An estimated 3.2 million people in the United States have chronic Hepatitis C. Most are unaware of their infection. Each year, about 17,000 Americans become infected with Hepatitis C.

## How serious is Hepatitis C?

Chronic Hepatitis C is a serious disease that can result in long-term health problems, including liver damage, liver failure, and liver cancer. Approximately 12,000 people die every year from Hepatitis C-related liver disease.

## What are the symptoms of Hepatitis C?

Many people with Hepatitis C do not have symptoms and do not know they are infected. Even though a person has no symptoms, the virus can still be detected in the blood.

If symptoms occur with acute infection, they can appear anytime from 2 weeks to 6 months after exposure. Symptoms of chronic Hepatitis C can take up to 30 years to develop. Damage to the liver can silently occur during this time. When symptoms do appear, they often are a sign of advanced liver disease. Symptoms for both acute and chronic Hepatitis C can include fever, fatigue, loss of appetite, nausea, vomiting, abdominal pain, dark urine, grey-colored stools, joint pain, and jaundice.

## How is Hepatitis C diagnosed?

Doctors can diagnose Hepatitis C using specific blood tests that are not part of blood work typically done during regular physical exams. Typically, a person first gets a screening test that looks for “antibodies” to the Hepatitis C virus. Antibodies are chemicals released into the bloodstream when a person becomes infected. The antibodies remain in the bloodstream, even if the person clears the virus. If the screening test is positive for Hepatitis C antibodies, different blood tests are needed to determine whether the infection has been cleared or has become a chronic infection.

## Who should get tested for Hepatitis C?

Testing for Hepatitis C is recommended for certain groups, including people who:

- Currently inject drugs
- Injected drugs in the past, even if it was just once or occurred many years ago
- Have HIV infection
- Have abnormal liver tests or liver disease
- Received donated blood or organs before 1992
- Have been exposed to blood on the job through a needlestick or injury with a sharp object
- Are on hemodialysis

## For more information

Talk to your health professional, call your health department, or visit [www.cdc.gov/hepatitis](http://www.cdc.gov/hepatitis).



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## Hepatitis

Blood tests for syphilis, HIV, and hepatitis A, B, and C, as a requirement for obtaining an operator's Health Card, were discontinued in 1997. At that time, we discussed extensively the inadequacies of current serum testing for these diseases. The tests had allowed us to identify when an operator had been previously infected with hepatitis, by the presence of antibodies, however, these operators were no longer infectious as there was no surface antigen present to indicate active disease. Operators would only pose a threat to their patrons during periods of active disease. Hepatitis is a reportable disease to the SNHD, and any active cases are reported to us by doctors and hospitals as required by law. The blood tests were costly and ineffective in preventing disease spread. Our position in 1997 was that funds could be better used to immunize operators. Annual blood tests were costing operators between \$150 and \$250 annually. The hepatitis B immunization series would cost only \$198, spread over a 6 month period, and would provide the operator with immunity for at least 10 years.

The health district implemented the immunization requirement in 1999 as a measure to reduce hepatitis A infections locally. Hepatitis A rates are at historical lows in Clark County and nationwide as a result of the introduction of the vaccine and recommendations to immunize people in high risk groups, including children.

Hepatitis A is acquired primarily by the fecal-oral route by either person-to-person contact or ingestion of contaminated food or water. Hepatitis A can produce either asymptomatic infections or symptomatic infections after an average incubation period of 28 days. Symptoms can include fever, malaise, anorexia, nausea, abdominal discomfort, dark urine, and jaundice, that can last up to two (2) months, although 10% to 15% of persons have prolonged or relapsing disease lasting up to six (6) months. Eleven percent to 22% of persons who have hepatitis A are hospitalized and an estimated 100 deaths occur each year in the United States as a result of fulminant hepatitis A. The use of the hepatitis A vaccination in a community produces a highly immune population, decreases the incidence of hepatitis A and provides an opportunity to eventually eradicate this infection.

Valid concerns have been raised regarding the safety of these vaccines. Surveillance of adverse reactions to all vaccines is conducted continuously by the Centers for Disease Control (CDC), and there is a Vaccine Adverse Events Reporting System (VAERS). Extensive information is available at the CDC website [www.cdc.gov](http://www.cdc.gov). The hepatitis B vaccine has been available for many years and has been extensively studied. More than an estimated 10 million adults and 2 million infants had been vaccinated in the U.S. by 1996 with very few adverse reaction events reported to VAERS. The most common side effect was pain at the injection site and a mild fever. Although the hepatitis A vaccine has not been widespread use as long as the hepatitis B vaccine, an estimated 1.3 million people have been vaccinated with hepatitis A in Europe and Asia, and approximately 50,000 persons were vaccinated in the initial clinical studies here in the U.S. with no serious adverse events attributed definitively to the hepatitis A vaccine. Any presumed risk for adverse events that might be casually associated with these vaccines must be balanced with the expected risk for hepatitis virus-related liver disease.

The use of Standard Precautions and attention to basic sanitation practices must be diligently practiced by tattoo operators, as there are many communicable diseases for which there are no vaccinations. Regarding HIV and hepatitis C – both of these diseases are spread by blood and body fluid and infected individuals can show no symptoms. Strict adherence to Standard Precautions is the only protection an operator has at this time to prevent the spread of the diseases.

The Southern Nevada Health District's position is that in the interest of public health, hepatitis vaccinations, although not required are highly recommended for persons in occupations that expose them daily to the blood and body fluids of the general public. These vaccinations protect not only the operator, but his or her intimate contacts and family, the customers, and the community in general. The vaccines are available at SNHD for a minimal fee.



## Hepatitis B FAQs for the Public

How long does the Hepatitis B virus survive outside the body?

Hepatitis B virus can survive outside the body at least 7 days. During that time, the virus can still cause infection if it enters the body of a person who is not infected.

How should blood spills be cleaned from surfaces to make sure that Hepatitis B virus is gone?

All blood spills — including those that have already dried — should be cleaned and disinfected with a mixture of bleach and water (one part household bleach to 10 parts water). Gloves should always be used when cleaning up any blood spills. Even dried blood can present a risk to others.

Source website: <http://www.cdc.gov/hepatitis/b/bfaq.htm#bFAQ29>

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## What is HIV?

HIV stands for human immunodeficiency virus. It is the virus that can lead to acquired immunodeficiency syndrome, or AIDS. Unlike some other viruses, the human body cannot get rid of HIV. That means that once you have HIV, you have it for life.

No safe and effective cure currently exists, but scientists are working hard to find one, and remain hopeful. Meanwhile, with proper medical care, HIV can be controlled. Treatment for HIV is often called antiretroviral therapy or ART. It can dramatically prolong the lives of many people infected with HIV and lower their chance of infecting others. Before the introduction of ART in the mid-1990s, people with HIV could progress to AIDS in just a few years. Today, someone diagnosed with HIV and treated before the disease is far advanced can have a nearly normal life expectancy.

Source website: <http://www.cdc.gov/hiv/basics/whatishiv.html>

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## HIV Transmission

Can I get HIV from getting a tattoo or through body piercing?

A risk of HIV transmission does exist if instruments contaminated with blood are either not sterilized or disinfected or are used inappropriately between clients. CDC recommends that single-use instruments intended to penetrate the skin be used once, then disposed of. Reusable instruments or devices that penetrate the skin and/or contact a client's blood should be thoroughly cleaned and sterilized between clients.

Personal service workers who do tattooing or body piercing should be educated about how HIV is transmitted and take precautions to prevent transmission of HIV and other blood-borne infections in their settings.

If you are considering getting a tattoo or having your body pierced, ask staff at the establishment what procedures they use to prevent the spread of HIV and other blood-borne infections, such as the hepatitis B virus. You also may call the local health department to find out what sterilization procedures are in place in the local area for these types of establishments.

Source website: <http://www.cdc.gov/hiv/resources/qa/transmission.htm>

# HIV and AIDS: Are You at Risk?

## What is HIV and how can I get it?

**HIV** - the human immunodeficiency virus - is a virus that kills your body's "CD4 cells." CD4 cells (also called T-helper cells) help your body fight off infection and disease. HIV can be passed from person to person if someone with HIV infection has sex with or shares drug injection needles with another person. It also can be passed from a mother to her baby when she is pregnant, when she delivers the baby, or if she breastfeeds her baby.

## What is AIDS?

**AIDS** - the acquired immunodeficiency syndrome - is a disease you get when HIV destroys your body's immune system. Normally, your immune system helps you fight off illness. When your immune system fails you can become very sick and can die.

## What do I need to know about HIV?

The first cases of AIDS were identified in the United States in 1981, but AIDS most likely existed here and in other parts of the world for many years before that time. In 1984 scientists proved that HIV causes AIDS.

Anyone can get HIV. The most important thing to know is how you can get the virus.

You can get HIV:

- By having unprotected sex- sex without a condom- with someone who has HIV. The virus can be in an infected person's blood, semen, or vaginal secretions and can enter your body through tiny cuts or sores in your skin, or in the lining of your vagina, penis, rectum, or mouth.
- By sharing a needle and syringe to inject drugs or sharing drug equipment used to prepare drugs for injection with someone who has HIV.
- From a blood transfusion or blood clotting factor that you got before 1985. (But today it is unlikely you could get infected that way because all blood in the United States has been tested for HIV since 1985.)

Babies born to women with HIV also can become infected during pregnancy, birth, or breast-feeding.

You can **not** get HIV:

- By working with or being around someone who has HIV.
- From sweat, spit, tears, coughing, sneezing, swimming pools, clothes, drinking fountains, phones, toilet seats, or through everyday things like sharing a meal.
- From insect bites or stings.
- From donating blood.
- From a closed-mouth kiss (but there is a *very* small chance of getting it from open-mouthed or "French" kissing with an infected person because of possible blood contact).

## How can I protect myself?

- Don't share needles and syringes used to inject drugs, steroids, vitamins, or for tattooing or body piercing. Also, don't share equipment ("works") used to prepare drugs to be injected. Many people have been infected with HIV, hepatitis, and other germs this way. Germs from an infected person can stay in a needle and then be injected directly into the next person who uses the needle. Get treatment for drug abuse.
- The surest way to avoid transmission of sexually transmitted diseases is to abstain from sexual intercourse, or to be in a long-term mutually monogamous relationship with a partner who has been tested and you know is uninfected.
- For persons whose sexual behaviors place them at risk for STDs, correct and consistent use of the male latex condom can reduce the risk of STD transmission. However, no protective method is 100 percent effective, and condom use cannot guarantee absolute protection against any STD. The more sex partners you have, the greater your chances are of getting HIV or other diseases passed through sex.
- Condoms used with a lubricant are less likely to break. However, condoms with the spermicide nonoxynol-9 are not recommended for STD/HIV prevention. Condoms must be used correctly and consistently to be effective and protective. Incorrect use can lead to condom slippage or breakage, thus diminishing the protective effect. Inconsistent use, e.g., failure to use condoms with every act of intercourse, can result in STD transmission because transmission can occur with a single act of intercourse.
- Don't share razors or toothbrushes because of they may have the blood of another person on them.
- If you are pregnant or think you might be soon, talk to a doctor or your local health department about being tested for HIV. If you share HIV, drug treatments are available to help you and they can reduce the chance of passing HIV to your baby.

### **How do I know if I have HIV or AIDS?**

You might have HIV and still feel perfectly healthy. **The only way to know for sure if you are infected or not is to be tested.** Talk with a knowledgeable health care provider or counselor both before and after you are tested. You can go to your doctor or health department for testing. To find out where to go in your area for HIV counseling and testing, call your local health department or the CDC INFO, at **1-800-CDC-INFO (232-4636)**.

Your doctor or health care provider can give you a confidential HIV test. The information on your HIV test and test results are confidential, as is your other medical information. This means it can be shared **only** with people authorized to see your medical records. You can ask your doctor, health care provider, or HIV counselor at the place you are tested to explain who can obtain this information. For example, you may want to ask whether your insurance company could find out your HIV status if you make a claim for health insurance benefits or apply for life insurance or disability insurance. CDC recommends that everyone know their HIV status. How often you should an HIV test depends on your circumstances. If you have never been tested for HIV, you should be tested. CDC recommends being tested at least once a year if you do things that can transmit HIV infection, such as:

- injecting drugs or steroids with used injection equipment
- having sex for money or drugs
- having sex with an HIV infected person
- having more than one sex partner since your HIV test
- having a sex partner who has had other sex partners since your last HIV test.

If you have been tested for HIV and the result is negative and you never do things that might transmit HIV infection, then you and your health care provider can decide whether you need to get tested again.

You are more likely to test positive for (be infected with) HIV if you

- Have ever shared injection drug needles and syringes or "works."
- Have ever had sex without a condom with someone who had HIV.
- Have ever had a sexually transmitted disease, like chlamydia or gonorrhea.
- Received a blood transfusion or a blood clotting factor between 1978 and 1985.
- Have ever had sex with someone who has done any of those things

### **What can I do if the test shows I have HIV?**

Although HIV is a very serious infection, many people with HIV and AIDS are living longer, healthier lives today, thanks to new and effective treatments. It is very important to make sure you have a doctor who knows how to treat HIV. If you don't know which doctor to use, talk with a health care professional or trained HIV counselor. If you are pregnant or are planning to become pregnant, this is especially important.

There also are other things you can do for yourself to stay healthy. Here are a few

- Follow your doctor's instructions. Keep your appointments. Your doctor may prescribe medicine for you. Take the medicine just the way he or she tells you to because taking only some of your medicine gives your HIV infection more chance to grow.
- Get immunizations (shots) to prevent infections such as pneumonia and flu. Your doctor will tell you when to get these shots.
- If you smoke or if you use drugs not prescribed by your doctor, quit.
- Eat healthy foods. This will help keep you strong, keep your energy and weight up, and help your body protect itself.
- Exercise regularly to stay strong and fit.
- Get enough sleep and rest.

### **How can I find out more about HIV and AIDS?**

You can call **CDC-INFO** at **1-800-CDC-INFO (232-4636)**; **TTY access 1-888-232-6348**. CDC-INFO is staffed with people trained to answer your questions about HIV and AIDS in a prompt and confidential manner in English or Spanish, 8A-8P (EST) M-F. Closed weekends and major federal holidays. Staff at CDC-INFO can offer you a wide variety of written materials and put you in touch with organizations in your area that deal with HIV and AIDS.

On the Internet, you can get information on HIV and AIDS from [www.AIDS.gov](http://www.AIDS.gov) or [www.cdc.gov/hiv](http://www.cdc.gov/hiv).

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CDC Division of HIV/AIDS Prevention Internet address: <http://www.cdc.gov/hiv/>

Content Source:

[Divisions of HIV/AIDS Prevention](#)

[National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention](#)

# Southern Nevada Health District Regulations Governing the Sanitation of Body Piercing Establishments

Whereas, the Southern Nevada Health District has been established by the County of Clark and the cities of Las Vegas, North Las Vegas, Henderson, Boulder City and the City of Mesquite, as the public Health Authority for those entities, pursuant to [Nevada Revised Statutes \(NRS\) 439.370](#), et. seq.; and

Whereas, the District Board of Health is vested with the jurisdiction over all public health matters in the Health District, and is authorized to adopt regulations necessary to protect and promote the public health in the geographical area subject to its jurisdiction; and

Whereas, the District Board of Health finds that the sanitation of body piercing establishments does affect the public health, and that it is necessary to adopt regulations governing the sanitation of body piercing establishments to prevent and control the spread of Hepatitis, or other communicable disease; and

Whereas, the District Board of Health believes that the following regulations are well and fairly designed to protect the public health, it does therefore publish, promulgate and order compliance with the substantive and procedural requirements hereinafter set forth within Clark County, Nevada.

## Section 1

**1.1 Definitions:** The following terms used in these regulations shall be defined as follows:

**1.2 Approved:** Means acceptable to the Health Authority based on conformance with adopted regulations, good public health practice and recognized industry standards.

**1.3 Body Piercing:** Means the act of penetrating the skin or mucous membranes, excluding the ear lobes, to make, generally permanent in nature, a hole, mark or scar.

**1.4 Body Piercing Establishment:** Means a place of business, whether operated for profit or not, upon the premises of which body piercing is done.

**1.5 Body Piercing Technician:** A person who performs body piercing procedures at a Health Permitted body piercing establishment hereinafter known as a technician. This person is responsible for compliance with Universal Precautions and these Rules and Regulations.

**1.6 Chief Health Officer:** Means the Chief Health Officer of the Southern Nevada Health District or his designee.

**1.7 Southern Nevada Health District:** Means all of the geographical area in both the incorporated and unincorporated parts of Clark County, Nevada.

**1.8 Cross-contamination:** Means the transfer of harmful micro-organisms from dirty surfaces or equipment to previously sanitized or sterilized surfaces or equipment.

**1.9 District Board of Health:** Means the "District Board of Health" of Clark County which is comprised of two representatives appointed from each of the six member entities plus one at-large representative elected by the Board under the authority of the [Nevada Revised Statutes \(NRS\), Chapter 439.390](#),  and organized pursuant to [NRS 439.370](#). 

**1.10 Gross Incompetence:** Means a serious lack of ability or knowledge to perform ones duty in a sanitary manner or failure to comply with these regulations. It shall also mean any conduct which endangers the public's health or safety.

**1.11 Health Authority:** Means the officers and agents of the District Board of Health.

**1.12 Health Permit:** Means written approval by the Southern Nevada Health District to operate an establishment where body piercing is performed, under the provisions of these regulations set forth in [Section 2](#), infra. Approval is given in accordance with these regulations and is separate from any other licensing requirements that may exist within communities or political subdivisions comprising the Southern Nevada Health District.

**1.13 Jewelry:** Means any personal ornament inserted into a newly pierced area, which must be made of surgical implant grade stainless steel, solid 14k or 18k white or yellow gold, niobium, titanium or platinum and which is free of nicks, scratches or irregular surfaces. Ear studs are not jewelry for purposes of these regulations.

**1.14 Permittee:** Means any person holding a Health Permit under these regulations who is responsible for compliance with these regulations.

**1.15 Person:** Means an individual, firm, partnership, association, corporation, or other legal entity.

**1.16 Sanitize:** Means effective bactericidal treatment to clean surfaces of equipment by a process that has been approved by the Health Authority for being effective in destroying microorganisms, including pathogens.

**1.17 Sterilization:** Means destruction of all forms of microbiotic life including bacterial and fungal spores.

**1.18 Substantial Hazard to Public Health:** Means any violation of the provisions of these regulations that can injure the health or safety of the residents or visitors of Clark County. The term includes, but is not limited to:

**1.18.1** A lack of adequate sterilization equipment on the premises in strict compliance with [Section 6](#) of these regulations.

**1.18.2** Improper disposal of biohazardous wastes.

**1.18.3** Any sharp instrument, such as a needle or razor, that is not appropriately containerized **immediately** after use.

**1.18.4** Re-use of any single-use equipment.

**1.18.5** Lack of proper sterilization of needles or any equipment that comes in contact with blood or body fluids.

**1.18.6** A loss of electrical power or any other utility in the body piercing establishment that causes the failure of a system that is required for the operation of the body piercing establishment, such as for lighting, heating, cooling or sterilization.

**1.18.7** A Body Piercing Technician infected with a communicable disease that may be transmitted to a patron and/or persons not practicing strict standards of cleanliness and personal hygiene and Universal Precautions, which may result in the potential transmission of illness.

**1.18.8** Sewage or liquid waste is not disposed of in an approved and sanitary manner, or the sewage or liquid waste contaminates or may contaminate any body piercing equipment or body piercing area, or an area frequented by patrons or technicians.

**1.18.9** Toilets and facilities for washing hands are not provided, properly installed, designed, accessible or convenient.

**1.18.10** The supply of potable water is not approved or does not meet the applicable requirements for sampling and public notification set forth under the Safe Drinking Water Act and any regulations adopted pursuant thereto, and an operator does not use bottled water from an approved source.

**1.18.11** A defect or condition exists in the system supplying potable water that may result in the contamination of the water.

**1.18.12** The presence of any toxic items that are labeled, stored or used improperly.

**1.18.13** The presence of insects, rodents and other vermin that constitutes a significant threat to the health or safety of patrons or technicians, as determined by the Health Authority.

**1.19 Universal Precautions:** Means a set of guidelines and controls published by the Centers for Disease Control (CDC) outlining certain practices which health workers should employ in order to prevent parenteral, mucous-membrane and no intact skin exposure to bloodborne pathogens.

The method of infection control requires the employer and employee to assume that all human blood and specified human body fluids are infectious for Human Immunodeficiency Virus (HIV), Hepatitis B Virus (HBV), and other bloodborne pathogens.

Precautions include hand washing, gloving, personal protective equipment, injury prevention, proper handling and disposal of needles and other sharp instruments and blood and body fluid contaminated products ([Appendix A](#)).

**1.20 Number, Tense and Gender:** Means words used in the singular may also include the plural and vice versa; verbs used in the present tense do not preclude the past and future tenses; use of the masculine gender may also include the neuter or feminine, as the context so indicates.

## **Section 2**

**2.1 Health Permits:** It shall be unlawful for any person to own or operate a body piercing establishment in Clark County, Nevada, without having first obtained a Health Permit from the Health Authority in accordance with the procedures hereinafter set forth.

**2.2** A physician, or a person working under the direct supervision of a physician, performing body piercing procedures in the physician's office or clinic, and the practice of ear lobe piercing is exempt from these regulations.

**2.3** Any person desiring to operate a body piercing establishment shall make application for a Health Permit to the Health Authority upon forms approved by the Health Authority containing the following information:

**2.3.1** Name of applicant;

**2.3.2** Residence of applicant;

**2.3.3** If a partnership, the names and resident addresses of each of the partners, whether general or limited, designating which;

**2.3.4** If a corporation, the names and resident addresses of all of its officers, directors, shareholders, and the name of its resident agent for the purpose of service;

**2.3.5** The location of the proposed establishment, and a floor plan and specification of the establishment as it is proposed to be operated;

**2.3.6** The proposed hours of operation;

**2.3.7** The names of all employees and their exact duties;

**2.3.8** A complete description of all body piercing services to be provided;

**2.3.9** An exact inventory of all body piercing equipment to be utilized, including names of manufacturers;

**2.3.10** Names and addresses of all suppliers of body piercing equipment and supplies.

**2.4** A dry heat sterilizer or autoclave, registered and listed with the Federal Food and Drug Administration, spore tested within 30 days of the Health Permit Application, must be at the establishment prior to the Health Permit being issued.

**2.5** If the Health Authority determines, after investigation, that the proposed body piercing establishment can feasibly be operated in accordance with the provisions of these regulations, a Health Permit may be issued to the applicant.

**2.6** All Health Permits shall be renewed semi-annually. Their issuance is conditioned upon strict compliance with these regulations, and Health Permits may be revoked or suspended for violation of these regulations in accordance with the procedures set forth in [Section 9](#), infra.

**2.7** Health Permits shall be non-transferable.

**2.8** Health Permit holders are required to comply with the State of Nevada Occupational Safety and Health Standards for General Industry ([29 CFR Part 1910.1030](#) ) regarding occupational exposure to bloodborne pathogens.

**2.8.1** Documentation of Hepatitis B immunization of all technicians working at the body piercing establishment must be maintained and available for review by the Health Authority

**2.8.2** Health Permit holders are responsible for ensuring that technicians working at their establishments initiate the Hepatitis B vaccination series within 30 days of starting work unless,

(a) the technician has previously received the complete Hepatitis B vaccination series and can provide documentation to the Health Authority,

(b) antibody testing has revealed that the operator is immune or

(c) the vaccine is contraindicated for medical reasons.

**2.9** Health Permit holders are responsible for ensuring that individuals working in the facility have a current Clark County Body Piercing Technician Health Card and comply with all applicable health, safety, sanitation and sterilization regulations of the Southern Nevada Health District and other state agencies.

**2.9.1** Health Permit holders are responsible for notifying the Southern Nevada Health District, verbally or in writing, when a body piercing technician starts or stops working at his facility.

**2.9.2** Health Permit holders are responsible for ensuring that at least one person trained in CPR and First Aid, as evidenced by current certification, is available at the establishment during hours of operation.

**2.10** Health Permits shall be prominently displayed in the body piercing establishment and shall not be altered or defaced in any manner.

**2.11** The Health Permit holder must also post, in public view within the premises, next to the Health Permit, a disclosure statement approved by the Health Authority which advises of the risks and possible consequences of body piercing procedures. (See [Appendix C](#))

**2.12** Copies of these regulations must be prominently displayed in any Health Permitted establishment.

**2.13** Scarification, branding, the implantation of jewelry under the skin, or any other form of unregulated invasive body modification is prohibited in body piercing establishments.

## **Section 3**

**3.1 Technicians:** It shall be unlawful for any person to act as a body piercing technician, or for any person to employ another person as a body piercing technician, unless such person has been issued a Health Card by the Southern Nevada Health District.

The Health Permit holder of the establishment must only hire technicians who have passed the Southern Nevada Health District's sanitation examination and been issued a Health Card.

**Note:** It is the position of the Southern Nevada Health District that Human Immunodeficiency Virus (HIV) is the cause of Acquired Immunodeficiency Syndrome (AIDS) and related immunodeficiency conditions. This virus, as well as the Hepatitis B Virus (HBV), may be transmitted by sharp instruments contaminated by blood or other body fluids, if proper precautions are not followed.

As the carriers of these viruses may have no symptoms, the most prudent course to follow is to treat body fluids from all persons with the same high standards of caution and to rigorously follow Universal Precautions as defined in these regulations.

Because HIV, HBV and other bloodborne pathogens are not spread by casual means and because of the inadequacies of current serum testing for these diseases, there is no reason for the Health Authority to require blood tests prior to obtaining a Health Card.

Universal Precautions are ample to prevent transmission of HIV, HBV and other bloodborne pathogens in a Health Permitted body piercing establishment.

**3.2** Application for registration as a body piercing technician Health Card shall be made to the Health Authority on forms approved by the Health Authority which contain at least the following information:

**3.2.1** Name;

**3.2.2** Age;

**3.2.3** Sex;

**3.2.4** Social Security Number;

**3.2.5** Residence;

**3.2.6** Place where he will be working as a technician;

**3.2.7** Medical history of all communicable diseases;

**3.2.8** Current state of health and physical disabilities;

**3.2.9** Training and/or experience.

**3.3** Technician Health Cards may be issued by the Health Authority after satisfaction of the following requirements:

**3.3.1** Applicant is free of communicable diseases;

**3.3.2** Applicant is a minimum of 18 years of age;

**3.3.3** Applicant has no physical disability or infirmity which could interfere with his acting as a body piercing technician;

**3.3.4** Applicant has obtained a score of at least 80 percent on an examination of basic sanitation knowledge, pertaining to body piercing, which will be administered by the Health Authority.

**3.3.5** Applicant has a minimum of six months experience or training as a body piercing technician in a duly licensed establishment in Nevada, another state or country.

**3.3.6** Applicant has written verification from the Health Permitted body piercing establishment where he will be operating.

**3.3.7** Applicant has completed the required American Red Cross course Preventing Disease Transmission or has documentation of equivalent training within the past two years.

**3.4** Before any Health Card may be issued, the applicant must be tested for Tuberculosis (T.B.) by skin test or chest x-ray and immunized against Hepatitis A.

**3.5** Before any Health Card may be issued or renewed, the applicant must possess current certification by the American Red Cross in Preventing Disease Transmission or provide documentation of equivalent training within two years, as approved by the Health Authority.

**3.6** Health Cards must be renewed on a bi-annual (every 24 months) basis. Technicians must not perform body piercing procedures if their Health Card is expired and will be required to repeat the application process (including retaking the basic sanitation examination) if found to be in violation of this Regulation.

**3.7** A current Health Card must be in the technician's possession at all times while engaged in the practice of body piercing.

**3.8** The technician must begin the Hepatitis B vaccination series within 30 days of being issued a Health Card unless,

(a) he has previously received the complete Hepatitis B vaccination series and can provide documentation to the Health Authority,

(b) antibody testing has revealed that the technician is immune or

(c) the vaccine is contraindicated for medical reasons.

**3.9** Issuance of a technician's Health Card shall be conditioned upon full compliance with these regulations.

**3.9.1** Thirty day Temporary Health Cards will be issued to applicants who have not completed the American Red Cross training in Preventing Disease Transmission or equivalent training. Technicians who do not provide documentation of completing this training within 30 days must cease any operations until the required Preventing Disease Transmission training has been completed.

**3.9.2** Temporary Health Cards will be issued for applicants who have not completed the six month training requirement in [Section 3.3.4](#). The technician's Health Card will be issued after documentation of the required six month experience has been received.

**3.9.2.1** Technicians issued a temporary Health Card must complete the required Preventing Disease Transmission training ([Section 3.5](#)) and begin the Hepatitis B vaccination series ([Section 3.8](#)) within 30 days of being issued a temporary Health Card or cease any operations until these requirements are met.

**3.10** The technician must be free from all communicable disease while performing body piercing procedures.

**3.11** The technician must demonstrate a high level of competence. Gross incompetence may be cause for suspension of a body piercing technician's Health Card or non-renewal of the body piercing technician's Health Card.

**3.12** Technicians are prohibited from providing body piercing services outside of a Health Permitted body piercing establishment. Health Cards are not transferable from person to person.

## **Section 4**

**4.1 Patrons:** No person shall perform any body piercing procedure upon a person under the age of 18 years without the written consent and proper identification of a parent, custodial parent or guardian, or under the direct supervision of a physician.

Any procedure performed on a minor must be done in the presence of a parent or guardian. Nothing in this section is intended to require a technician to perform any body piercing procedure on a person under 18 years of age with parental or guardian consent.

**4.1.1** Age of **all** patrons must be verified via picture identification and documented prior to the procedure being performed.

**4.1.2** Picture identification of **all** patrons 21 years of age or younger must be photocopied and kept with the patron's paperwork.

**4.2** Body piercing must not be performed on any person under the influence of drugs or alcohol. The Health Permittee and technician are charged with the responsibility of making reasonable observations and inquiries to assure themselves that the patron is in fact sober and not under the influence of intoxicating substances.

**4.3** The patron must not bring food or drink into a body piercing area and must not smoke during the procedure.

**4.4** The body area to be pierced must be free of rash, pimples, infection or scar tissue. The patron must be in apparent good health, and the body area to be pierced generally in a healthy condition to all appearances.

**4.5** The patron must be asked before the procedure whether he has had a history of jaundice or Hepatitis within 12 months preceding that date. If the answer is in the affirmative, the piercing must not be performed.

**4.6** The technician may decline to perform a procedure on any would be patron whom the operator suspects to have a communicable disease.

**4.7** The body piercing establishment must keep a permanent record of all patrons pierced stating the name, age, and address of the patron(s), date of the piercing, name of the person who performed the piercing, body part pierced and a description of the type of jewelry inserted.

**4.7.1** Such records shall be made available to the Health Authority upon request.

**4.7.2** Such records shall be maintained in an orderly manner, filed by month and year, to facilitate retrieval of records.

**4.7.3** Such records shall be retained for a minimum of two years.

## **Section 5**

**5.1 Body Piercing Procedures:** No person under the age of 18 years may perform a body piercing procedure.

**5.2** The technician, while on duty, must utilize or wear effective hair restraints if he has hair over the ears; must have clean fingernails; must wear clean outer garments and shall, in general, pay particular attention to his personal hygiene. Body piercing technicians shall maintain a sanitary environment during all procedures to prevent cross-contamination.

**5.3** The technician must not smoke while piercing a patron.

**5.4** Prior to and immediately following a body piercing procedure, the technician must thoroughly wash his hands and nails in hot running water and liquid soap, rinse them in clear warm water and then dry his hands with a paper towel.

**5.5** During the body piercing procedure, the technician must wear surgical gloves. These gloves must be discarded after each procedure and when damaged, soiled or when interruptions occur in the procedure to prevent cross-contamination.

**5.6** Prior to any body piercing procedure, the body area to be pierced must be cleansed with an antiseptic solution and cleansed again after the piercing.

**5.7** Piercing needles must be individually packaged and sterilized, used once, then immediately disposed of in a medically approved red Sharps container, appropriately labeled with the international biohazard symbol. Piercing needles are not reusable under any circumstances.

**5.8** Contaminated waste which may release liquid blood or body fluids when compressed or may release dried blood or body fluids when handled, must be contained in an appropriate red bag and labeled with the international biohazard symbol. It must then be disposed of by a waste hauler authorized to dispose of biohazardous waste. Contaminated waste which does not release liquid blood or body fluids when handled may be contained in a covered receptacle and disposed of through normal, approved disposal methods.

**5.9** All jewelry and instruments that directly aid in the piercing, or that may come in contact with instruments that are used during the piercing, such as forceps or needle holders, must be properly sterilized in accordance with the sterilization procedures in [Section 6](#).

**5.10** All equipment indirectly used in body piercing, including any beds, tables, headrests, armrests, legrests, handrails or counter tops, must be sanitized daily and between patrons by a disinfectant solution. The method used shall be approved by the Health Authority.

**5.11** Only jewelry defined in these regulations may be used in new piercings.

**5.12** Piercing guns are permitted in body piercing establishments for ear lobe piercing only, under these regulations.

**5.13** Both verbal and written instructions concerning proper care of the piercing shall be provided to each patron following each procedure. Instructions shall specify care following service, possible side effects and activity restrictions. The content of such instructions shall be approved by the Health Authority.

**5.14** Any infection or injury resulting from the body piercing procedure, which becomes known to the Health Permittee, shall be immediately reported, in writing, to the Health Authority.

## **Section 6**

**6.1 Sterilization of Equipment:** The instruments used during body piercing procedures shall be cleaned thoroughly after each use by scrubbing with a germicidal soap solution and hot water.

**6.2** After cleaning, all instruments used in the body piercing procedure shall be packaged individually in paper peel-packs, heat-sealed plastic or other packaging approved by the Health Authority, then sterilized. All packs must be marked with the date of sterilization, and a sterilizer indicator or internal

temperature indicator must be used. Equipment packed in peel-packs or heat-sealed plastic will be considered sterile for a maximum of six months.

**6.3** All instruments used in the body piercing procedure shall be sterilized by one of the following methods:

**6.3.1** Autoclave (steam or chemical) sterilizer registered and listed with the Federal Food and Drug Administration, used, cleaned and maintained according to the manufacturer's instructions; or

**6.3.2** Dry heat unit, registered and listed with the Federal Food and Drug Administration, used, cleaned and maintained according to the manufacturer's instructions; or

**6.3.3** Single-use, prepackaged, sterilized equipment obtained from reputable suppliers or manufacturers. Such packages must contain a temperature strip or sterilizer indicator listed with the Federal Food and Drug Administration. Single-use items shall not be reused for any reason.

**6.4** All sterilizing devices must be tested on a regular basis, as specified below, for functionality and thorough sterilization by use of the following means:

**6.4.1** Chemical indicators (color change) to ensure sufficient temperature and proper functioning of equipment during the sterilization cycle, are required on all packaged instruments during each sterilization; and

**6.4.2** Biological monitoring system (commercial preparation of spores), to ensure all microorganisms have been destroyed and sterilization has been achieved. Each holder of a Health Permit to operate a body piercing establishment shall demonstrate that his sterilizer is capable of attaining proper heat and pressure through an annual spore destruction test.

This test shall be verified through an independent laboratory. The Health Permit shall not be issued or renewed until documentation of the sterilizer's ability to destroy spores is received by the Health Authority. Permanent records of the results must be kept, and such records shall be made available to the Health Authority upon request.

**6.5** All equipment used in the body piercing procedure must remain stored in sterile packages until just prior to performing a procedure. When equipment is assembled, the technician must wear gloves and use great care to ensure that the equipment is not contaminated.

## **Section 7**

**7.1 Requirements for Premises:** There shall be a minimum of 100 square feet of floor space for each body piercing technician in the body piercing establishment. Each technician shall have a separate cubicle that can be screened from the public to provide privacy, and/or a private body piercing cubicle available.

**7.2** The establishment shall be well ventilated and provided with an artificial light source equivalent to at least 20 foot candles. At least 50 foot candles shall be provided at the level where the body piercing procedure is being performed.

**7.3** All walls, floors, ceilings and operating surfaces of the body piercing area shall be made of a smooth, nonabsorbent and nonporous material that is easily cleanable and can be maintained in a sanitary manner at all times.

**7.4** Hand sinks with hot and cold running water, liquid soap and disposable paper towels in dispensers, shall be located in each body piercing cubicle.

**7.5** Adequate toilet facilities will be provided in accordance with the specifications of the Uniform Plumbing Code. Hand washing sinks with hot and cold running water, liquid soap and disposable paper towels, in dispensers, must be located in rooms with toilets or toilet vestibules.

**7.6** Adequate covered receptacles shall be provided in each cubicle for disposal of debris and trash. Receptacles in the cubicles shall be emptied daily, lidded, cleanable and kept clean.

**7.7** A sealable, rigid (puncture-proof) red Sharps container, appropriately labeled with the international biohazard symbol, that is strong enough to protect anyone from accidental cuts or puncture wounds must be provided for disposal of sharp objects that come in contact with blood and/or body fluids.

**7.8** A dry heat sterilizer or autoclave, registered and listed with the Federal Food and Drug Administration, must be at the establishment at all times. Sterilizers must be kept clean, in good working order and operated in a clean area.

**7.9** No animals of any kind shall be allowed on premises except animals used by disabled individuals for assistance or fish in aquariums.

**7.10** In general, the entire premises of the body piercing establishment must be kept clean and in good condition at all times, and during operating hours, the Health Authority shall be permitted access for inspection.

## **Section 8**

**8.1 Enforcement:** A representative of the Health Authority shall give a proper identification of himself before entering a body piercing establishment to make an inspection. Such an inspection must be made at least twice a year and more often, if necessary, to ensure compliance with these regulations.

**8.2** As stated in [NRS 199.300](#),  it is unlawful for any person to interfere with the Health Authority in the performance of its duties.

**8.3** The original of the inspection report must be furnished to the Health Permit holder or technician of the body piercing establishment.

**8.4** If, after investigation, the Health Authority should find that a Health Permittee is in violation of these regulations, he may, in the alternative:

**8.4.1** Advise the Health Permittee, in writing, of his findings and instruct him to take specific steps to correct such violations within a reasonable period of time, not to exceed 30 days; or

**8.4.2** If the Health Authority has reasonable cause to suspect that a communicable disease is being transmitted, or may be transmitted by a technician, or use of unapproved or malfunctioning equipment, which constitutes a substantial hazard to public health, the Health Authority, upon written notice to the owner, may do any or all of the following:

**8.4.2.1** Issue an order excluding any or all technicians from the Health Permitted body piercing establishment who are responsible, or reasonably appear responsible, for the transmission of a communicable disease until the Health Authority determines there is no further risk to public health.

**8.4.2.2** Issue an order to immediately suspend the Health Permit of the licensed establishment until the Health Authority determines there is no further risk to public health. Such an order shall state the cause for the action.

## **Section 9**

**9.1 Suspension or Revocation of Health Permits and Technician Health Cards:** Health Permits and technician Health Cards issued under the provisions of these regulations may be suspended temporarily by the Health Authority for failure of the holder to comply with the requirements of these regulations.

**9.2** Whenever a Health Permit holder or technician has failed to comply with any notice issued under the provisions of these regulations, he must be notified in writing that the Health Permit or technician's Health Card is, upon service of this notice, immediately suspended.

The notice must also contain a statement informing the Health Permit holder or technician that an opportunity for a hearing will be provided if a written request for a hearing is filed by him with the Health Authority.

**9.3** Any person whose Health Permit or technician's Health Card has been suspended may, at any time, make application for reinstatement of the Health Permit or Health Card.

Within 10 days following receipt of a written request, including a statement signed by the applicant that in his opinion the conditions causing the suspension have been corrected, the Health Authority shall reinspect the body piercing establishment or evaluate documentation provided by an operator. If the applicant is complying with the regulations, the Health Permit or technician's Health Card will be reinstated.

**9.4** For serious or repeated violations of any of the requirements of this chapter or for interference with the Health Authority in the performance of its duties, the Health Permit or Health Card may be permanently revoked after an opportunity for a hearing has been provided by the Health Authority.

Before taking such an action, the Health Authority shall notify the Health Permit holder or technician, in writing, stating the reasons for which the Health Permit or Health Card is subject to revocation and advising the Health Permit holder or technician of the requirements for filing a request for a hearing. A Health Permit or Health Card may be suspended for cause pending its revocation or a hearing relative thereto.

**9.5** The Health Authority may permanently revoke a Health Permit or Health Card after five days following service of the notice unless a request for a hearing is filed with the Health Authority by the Health Permit holder or technician within five days.

**9.6** The hearings provided for in this section must be conducted by the Health Authority at a time and place designated by it. Based upon the record of the hearing, the Health Authority shall make a finding and may sustain, modify or rescind any official notice or order considered in the hearing. A written report of the hearing decision must be furnished to the Health Permit holder or technician by the Health Authority.

**9.7** Licensing authorities shall be notified by the Health Authority of the revocation of any Health Permit.

**9.8** Health Permits that have been temporarily suspended by the Health Authority under the provisions of these regulations will be subject to a reinstatement fee.

## **Section 10**

**10.1 Temporary Demonstration Health Permit Requirements:** A Temporary Demonstration Health Permit may be issued by the Health Authority for educational or convention purposes only. The Health Permit may not exceed seven calendar days. Body piercing services provided under such a Health Permit shall be at no charge to the clients. A notice, approved by the Health Authority, must be posted at the location where the Temporary Demonstration Health Permit will be used notifying clients that the services provided shall be at no charge.

**10.2** A person who wishes to obtain a Temporary Demonstration Health Permit must submit the request in writing for review by the Health Authority, at least 30 days prior to the event. The request should specify:

**10.2.1** The purpose for which the Health Permit is requested.

**10.2.2** The period of time during which the Health Permit is needed

**10.2.3** Current Health Card or certification to practice or teach body piercing in Clark County or another state and present satisfactory evidence of that fact to the Health Authority.

**10.2.4** The location where the Temporary Demonstration Health Permit will be used.

**10.3** The applicant's demonstration procedures must be contained in a completely enclosed, non-mobile facility (e.g., inside a permanent building).

**10.4** Compliance with all the requirements of these regulations, including but not limited to:

**10.4.1** Conveniently located hand washing facilities, as approved by the Health Authority, with liquid soap, paper towels and hot and cold water under adequate pressure and drained in accordance with local plumbing codes shall be provided. Disinfecting single use hand wipes, approved by the Health

Authority, in addition to the hand washing requirements of this section must be available in each booth/cubicle.

**10.4.2** One hundred square feet of floor space.

**10.4.3** At least 50 foot candles of light at the level where the body piercing is being performed.

**10.4.4** Facilities to properly sterilize instruments - evidence of spore test performed on sterilization equipment 30 days or less prior to the date of the event must be provided; or only single use, prepackaged, sterilized equipment obtained from reputable suppliers or manufacturers will be allowed.

**10.4.5** Ability to properly clean and sanitize the area used for body piercing.

**10.5** The facility where the Temporary Demonstration Health Permit is needed must be inspected by the Health Authority and a Health Permit issued prior to any body piercing procedures being performed.

**10.6** Temporary Demonstration Health Permits issued under the provisions of these regulations may be suspended by the Health Authority for failure of the holder to comply with the requirements of these regulations.

## Section 11

**11.1 Health Card and Health Permit Fees:** The Health Authority shall publish a fee schedule and charge fees for the plan review, initial inspection, routine inspection, permit reinstatement inspection, change of ownership, operator exams, and other duties required by law or Regulation per [NRS 439.360](#). 

## Section 12

**12.1 Effective Date:** These regulations shall take effect immediately upon their approval by the Nevada State Board of Health and after being recorded by the Clark County Recorder's Office.

**12.2 Severability:** In the event any particular clause or section of these regulations should be declared invalid or unconstitutional by any court of competent jurisdiction, the remaining portions shall remain in full force and effect. Toward that end, the provisions of these regulations are declared to be severable.

## Appendix A

### Universal Precautions

The **Universal Precautions**, published by the Centers for Disease Control (CDC), are a set of guidelines which health workers (including PSW's) should employ consistently with all patients/clients, in order to prevent parenteral, mucous membrane, and nonintact skin exposure to bloodborne pathogens.

The following Universal Precautions have been abstracted for their specific relevance to PSW's.

### **1. Needlestick injuries**

Take care to prevent injuries when using needles, scalpels, and other sharp instruments or devices:

- a) when handling sharp instruments after procedures;
- b) when cleaning used instruments;
- c) when disposing of used needles.

Do not recap used needles by hand; do not bend, break, or otherwise manipulate used needles by hand. Place used needles and other sharp items in puncture-resistant containers for disposal. Locate these containers as close to the use area as is practical.

### **2. Gloves and other protective barriers**

Use protective barriers to prevent exposure to blood, body fluids containing visible blood, and other fluids to which Universal Precautions apply. The types of protective barriers used should be appropriate for the procedures being performed and the type of exposure anticipated.

### **3. Hand washing**

Immediately and thoroughly wash hands and other skin surfaces that are contaminated with blood, body fluids containing visible blood, or other body fluids to which Universal Precautions apply.

### **4. Health problems**

Health Care Workers who have weeping dermatitis or draining lesions should refrain from all direct patient/client care and from handling patient-care equipment until the condition has cleared.

### **5. Pregnancy**

Pregnant health care workers are not known to be at greater risk of contracting HIV infection than non-pregnant health care workers. However, they should be especially familiar with, and strictly adhere to, precautions to minimize this risk.

Excerpted from, ACDC. Update: Universal Precautions for prevention of transmission of human immunodeficiency virus, hepatitis B virus, and other bloodborne pathogens in health-care settings. Morbidity and Mortality Weekly Report, June 24, 1988; 37(24):377-78.

## **Appendix B**

### **Hepatitis B Immunization Record**

Name of Facility  
Street Address/City/State/Zip  
Permit Number of Facility

<b>Name of Operator</b>		
Hire Date	Date of Birth	S/S #
<b>Hepatitis B Immunization Record:</b>		
Date-1st shot	Shot given by	Facility
Date- 2nd shot	Shot given by	Facility
Date- 3rd shot	Shot given by	Facility

This Hepatitis B documentation must be kept on file at the Establishment and a copy given to the Tattoo or Permanent Makeup Operator or Body Piercing Technician.

## Appendix C

Public Notice

### Body Piercing Disclosure Statement

- The Southern Nevada Health District does not endorse or recommend body piercing in any form.
- Health district permits signify sanitation of equipment and procedures only.

As with any invasive procedure, Body Piercing may involve possible health risks. Body Piercing could result in:

- Pain, bleeding, swelling, infection, scarring of the pierced area and nerve damage.

The Piercing Technician should:

- Properly cleanse the piercing site before piercing
- Use sterilized equipment
- Use Sterile Piercing Techniques, and
- Inform the Client of proper aftercare of the pierced area.

Comments and/or complaints - Contact the Southern Nevada Health District, Environmental Health Division, (702) 759-1251 or send written comments to: Post Office Box 3902, Las Vegas, NV 89127



<a href="#">Programs</a>	<a href="#">Clinics</a>	<a href="#">Permits &amp; Regulations</a>	<a href="#">Health Topics</a>	<a href="#">News &amp; Information</a>	<a href="#">About Us</a>
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## Body Art

### [Body Art Operators & Technicians](#)

Southern Nevada Health District Regulations Governing the Sanitation and Safety of Tattoo Establishments

### [Apprentices](#)

Whereas, the Southern Nevada Health District (SNHD) has been established by the County of Clark and the cities of Las Vegas, North Las Vegas, Henderson, Mesquite, and Boulder City as the public Health Authority for those entities, and pursuant to Nevada Revised Statutes (NRS) 439; has jurisdiction over all public health matters in the health district; and

### [Forms](#)

### [Body Art Card Requirements](#)

### [Body Art Card FAQ](#)

Whereas, the Southern Nevada District Board of Health (Board) is the governing body of the SNHD, and is authorized to adopt regulations to regulate sanitation and sanitary practices in the interest of public health, and to protect and promote the public health and safety in the geographical area subject to the jurisdiction of the health district; and

### [Hep. B Vaccine](#)

### [Red Cross Training](#)

### [Inspection Process](#)

### [Permits & Plan Review](#)

Whereas, the Board finds that the sanitary and safe practice of tattooing and sanitation and safety of tattoo establishments does affect the public health, and finds that it is necessary to adopt Regulations Governing the Sanitation and Safety of Tattoo Establishments to prevent and control the spread of communicable disease, and to promote and regulate the safety and sanitary condition of those establishments in which tattooing is performed; and

### [Operator Plan Review](#)

### [Special Event Health Permit](#)

### [Regulations](#)

Whereas, the Board believes that the following Regulations are designed to protect and promote the public health and safety, it does therefore publish, promulgate and order compliance within Clark County, Nevada with the substantive and procedural requirements hereinafter set forth.

### [Body Piercing Regulations](#)

### [Tattoo Regulations](#)

Intent and Scope

### [Environmental Health](#)

#### Intent

The purpose of these Regulations is to protect and promote the public health, safety and environment through preventive measures and timely correction of public health and environmental issues relating to tattoo establishments.

#### Scope



#### Contact Information

(702) 759-0677

[bodyart@snhdmail.org](mailto:bodyart@snhdmail.org)



#### [Make a Complaint](#)



These Regulations establish definitions; set standards for the location, design, construction, operation, and maintenance of the tattoo establishment; outline requirements for the responsible person, event coordinator, tattoo operators, visiting artists, and patrons of the establishment; detail approved tattoo procedures, prohibited acts, and sterilization standards for equipment used in the establishment; outline record keeping and reporting requirements; provide for the issuance, modification, suspension, and revocation of Health Permits and Health Cards; give requirements for Body Art Special Events; and provide for enforcement.

### [Table of Contents](#)

The table of contents include the following sections and appendices A - I. Visit the [Table of Contents](#) webpage for more information.

- Section 1 — Definitions
- Section 2 — Substantial Hazards to Public Health and Safety
- Section 3 — Facilities and Equipment
- Section 4 — General Sanitation and Sterilization
- Section 5 — Responsible Person and Event Coordinator
- Section 6 — Tattoo Operators and Visiting Artists
- Section 7 — Patrons
- Section 8 — Tattoo Procedures
- Section 9 — Health Permit Requirements and Fees
- Section 10 — Health Card Requirements and Fees
- Section 11 — Body Art Special Events and Permits
- Section 12 — Plan Review Submission and Approval
- Section 13 — Inspections
- Section 14 — Enforcement
- Section 15 — Miscellaneous
- Appendices

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