

# Hepatitis A Disease

## WHAT IS HEPATITIS A?

- Hepatitis A is a contagious liver infection caused by a virus.
- Hepatitis A only occurs as a new infection, and does not become chronic.
- There is no cure for hepatitis A, but your healthcare provider may treat the symptoms.

## WHAT ARE THE SYMPTOMS OF HEPATITIS A?

- Symptoms of Hep A may include:
  - Fever
  - Feeling tired
  - Decreased appetite
  - Nausea and/or vomiting
  - Stomach pain or discomfort
  - Dark urine
  - Clay-colored stool
  - Joint pain
  - Yellowing of skin or eyes (Jaundice)
- Usually occur 15-50 days after being exposed to the virus.
- If you have any of the symptoms, please consult with your healthcare provider immediately.

## HOW DOES HEPATITIS A SPREAD?

- Hepatitis A virus is spread by the infected people's contaminated objects, food, drinks, and feces (poop).
- Person-to-person contact
  - An infected person who does not wash his or her hands properly after going to the bathroom and touches other objects, food, or drink.
  - A parent or caregiver who does not properly wash hands after changing diapers or cleaning up the stool of an infected person.
  - Someone who has anal or oral sex with an infected person.
  - During high-risk situations like using streets drugs, homelessness, and/or men having sex with men (MSM).
- Contaminated food or water
  - Eating or drinking food or water contaminated with the virus, which may include ready-to-eat food.
  - The food and drinks most likely to be contaminated are fruits, vegetables, shellfish, ice, and water.

## HOW DO I PROTECT MYSELF AND MY FAMILY?

- Hepatitis A vaccine and proper hand washing are the only ways to prevent getting the virus.



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