

# Hepatitis A

## Communicable Disease Center recommends Hepatitis A vaccination for:

- All children aged 1 year or more who didn't get the vaccine.
- People who use or inject drugs.
- People with chronic liver disease or clotting factor disorders.
- People with direct contact with others who have hepatitis A (including family and caregivers).
- Travelers to countries where hepatitis A is common.
- People who perform unprotected sexual contact.

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



# Hepatitis A

## What is hepatitis A?

Hepatitis A is a contagious viral liver infection caused by the hepatitis A virus. Hepatitis means inflammation of the liver. When the liver is inflamed or damaged, its function can be affected.

## How is hepatitis A spread?

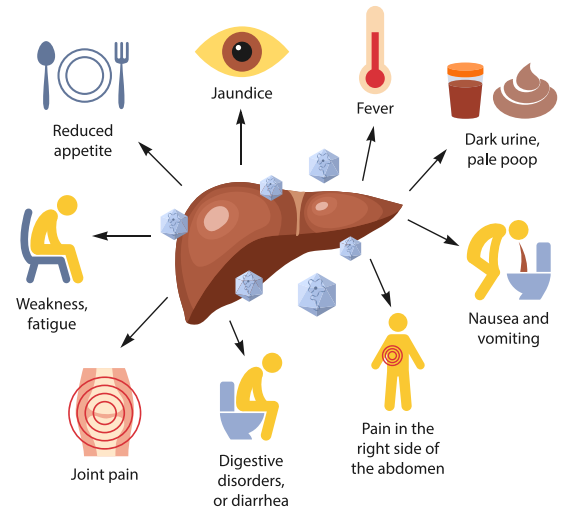
Hepatitis A virus can be transmitted through eating contaminated food or drink or through close personal contact with an infected person, such as sexual intercourse, caring for someone who is ill, or using drugs with others.

## Symptoms

Not everyone shows symptoms. If symptoms develop, they usually appear 2 to 7 weeks after infection and can include:

- Yellow color of skin or eyes
- Loss of appetite
- Upset stomach
- Throwing up
- Fever
- Dark urine or light-colored stools
- itching
- Fatigue

## SYMPTOMS OF HEPATITIS A



## Diagnosis and treatment

To determine if you have hepatitis, blood tests will be done to check for the virus. There is no medication to treat hepatitis A and usually your body will clear it within 6 months. Your doctor will recommend rest, adequate nutrition, and fluids.

## Can hepatitis A be prevented?

- Vaccination is the best way to prevent hepatitis A. The vaccine series usually consists of 2 shots, given 6 months apart.
- Handwashing with soap and water plays an important role in prevention on the spread of infection, especially after using the bathroom and before preparing or eating food.
- Avoid eating raw or under cooked meat and fish.
- If you are planning to travel to countries where hepatitis A is common, get vaccinated before you travel. Take only clean bottled water and well-cooked food.