

WHAT IS HEPATITIS A?

Hepatitis A (hep A) is a liver infection caused by the hep A virus, which spreads very easily. It can cause severe illness that can last for months, or it can cause mild illness lasting a few weeks. The United States has had an ongoing hep A outbreak since October 2016, mostly in people living homeless (attributable to lack of access to soap and water). Over 17,000 cases and 170 deaths have been reported.

HOW DOES IT SPREAD?

Hep A is spread when a person unknowingly gets the virus in their mouth from objects, food or drinks that an infected person has touched.



Touching objects or eating food that someone with hep A handled



Taking care of (and cleaning up after) a person infected with hep A

HOW CAN YOU PREVENT HEP A?



Don't share food, drinks, needles or smokes with others



Use your own towels, toothbrush and fork/spoon



Get two shots of hep A vaccine

WASH YOUR HANDS...

- With soap and water after going to the bathroom
- Before you cook or eat—soap and water work best, even washing with water can help
- After helping someone who has been sick



SYMPTOMS OF HEP A



fever



more tired than usual



nausea



no appetite



*jaundice
(yellowing of eyes & skin)*



stomach pain



vomiting



dark pee, pale poop

Some people with hep A do not have any symptoms.

WHEN TO GET MEDICAL HELP

If you think you might have hep A, see your doctor. Get hep A shots from your doctor or clinic to prevent getting hep A.

Thanks to San Diego Health and Human Services, Washington State Department of Health, and Public Health—Seattle & King County for adaptation of their materials.

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