



Lenawee County
HEALTH
DEPARTMENT

WHAT YOU NEED TO KNOW

HEPATITIS A FACT SHEET

What is Hepatitis A?

Hepatitis A is a disease caused by hepatitis A virus. Hepatitis A can cause damage to the liver and create other health problems. Most people recover without any problems although it may take several weeks to feel “normal” again.

What are the symptoms?

- Fever
- Fatigue
- Stomach tenderness
- Nausea, vomiting
- Lack of appetite
- Yellowing of the skin and whites of the eyes (jaundice)
- Dark colored urine
- Clay-colored (gray) bowel movements

Symptoms usually appear about one month after exposure to the virus and from 15 to 50 days in children younger than 6 years of age. It is common for infected children to have no symptoms at all. Anyone who has hepatitis A can pass the disease to others for 1-2 weeks before symptoms appear and for about a week after the jaundice (yellowing of the skin) appears.

How is it spread?

The hepatitis A virus is spread by the fecal-oral route. This means that you must get something in your mouth that is contaminated with feces (poop) from an infected person. Most infections result from contact with a household member or sex partner who has hepatitis A. Sometimes, infection results from eating food or drink that is contaminated with the hepatitis A virus. Hepatitis A is not spread by sneezes or coughs.

How is it treated?

If you have been exposed to hepatitis A virus, hepatitis A vaccine and/or immune globulin should be given as soon as possible and no more than 2 weeks after exposure to be effective. If you think you have been exposed call your doctor immediately.

Infected people should:

- Get lots of bed rest
 - Eat a well balanced diet
 - Drink fluids (fruit juices and water)
 - Avoid alcoholic beverages
 - Wash hand thoroughly with soap and running water after using the toilet
 - NOT share towels, washcloths or soap
 - NOT share eating utensils
 - NOT make or handle food that will be eaten by others until at least 2 weeks after their jaundice appears or symptoms are gone
- If you are a food-service work or a day-care worker: report your illness to your supervisor and do not work until your illness is over and your medical provider says it is OK to return to work.

How is it prevented?

- You should always wash your hands after using the toilet, changing a diaper and before eating or preparing food
- Vaccine is available for long-term protection against hepatitis A for children and adults
- A two-dose series of hepatitis A vaccine is now recommended for all children 12-24 months of age