

FIGHT HEP A

It starts with you

Hepatitis A is a contagious liver infection. The virus is found in the stool of people with the infection and is usually spread by consuming food or water contaminated with the virus.

*Disease
Transmission
by*
FECAL-ORAL



Wash your hands

Wash your hands thoroughly and often with soap and warm water. Regular handwashing can help you avoid getting sick and spreading the disease.



Been in contact with someone who has Hepatitis A?

Call your doctor right away

Vaccine or immune globulin (IG) administered within the first two weeks after exposure may provide some protection against the disease.

Unvaccinated food handlers must have a negative hepatitis A IgM test before returning to work.

For more information contact:

Arkansas Department of Health
501-537-8969

Adapted from Hawaii State Department of Health materials.



Get Vaccinated

Vaccination provides the best protection against this disease.

Stay home if you are sick

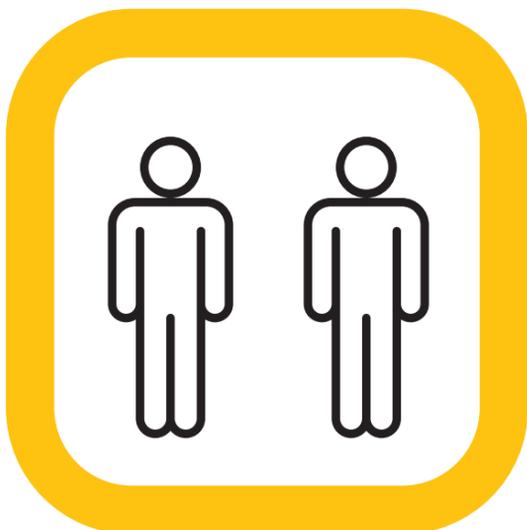
Diseases go wherever you go when you are sick. Stay at home and check with your healthcare provider when needed.

Watch for symptoms

Monitor your health and contact your healthcare provider immediately if you develop symptoms.

Symptoms of HEPATITIS A infection

- Fever
- Fatigue
- Headache and/or body ache
- Loss of appetite
- Nausea
- Stomach pain
- Vomiting
- Diarrhea
- Yellow skin and eyes
- Dark colored urine
- Pale colored stools



Who is at risk?

- Close contacts of someone who has Hepatitis A
- People who are homeless
- Illegal drug users
- International travelers