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.

**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.

**Who is at risk?**
- Close contacts of someone who has Hepatitis A
- People who are homeless
- Illegal drug users
- International travelers

**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

**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?**
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.

**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.