

What is hepatitis A?

- It's a virus that infects the liver.
- Hepatitis A is carried in the stool of infected persons.



What are the symptoms?

Adults can become very ill. Children often have no symptoms, but can still infect others.

Some symptoms are:

- Fever
- Weakness and fatigue
- Stomach pain, nausea or vomiting
- Dark urine
- Yellow eyes and skin

How is hepatitis A spread?

- By not washing your hands after using the toilet or changing diapers.
- Not washing hands before fixing food, eating food or feeding others.
- The virus can live on toys and other objects for up to one month.
- Eating uncooked or undercooked shellfish

How can you avoid getting hepatitis A?

Wash your hands with soap and water, especially:

- After using the toilet
- After changing diapers.
- After cleaning bathrooms and diaper changing areas.
- Before handling food or eating.

Clean and disinfect bathroom fixtures after use by the sick person.

- To disinfect you can use **1 TBS** (tablespoon) bleach in **1 gallon** cool or lukewarm water.

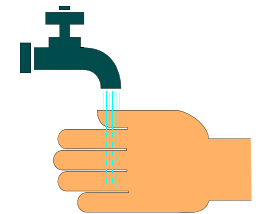
Hepatitis A vaccine facts

Hepatitis A vaccine has been shown to be safe and effective:

- Side effects are usually mild.
- Vaccine is available through your private physician or your local health department.

What else?

Use good handwashing



VACCINATE your children.

- **Children should be vaccinated** against hepatitis A after 12 months of age.
- Food handlers and childcare providers who have hepatitis A **should not work** without the "OK" of the Health Department.
- **Keep your child home** and inform your childcare provider if your child has symptoms of hepatitis A. The Health Department will decide when it is safe for your child to return to childcare.

If you are a food handler who has been exposed to hepatitis A or live in a house with someone with hepatitis A:

1. If you are younger than 40 years old, get the hepatitis A vaccine as soon as possible, within 2 weeks after exposure.
2. If you are older than 40 years or immunocompromised, get an immune globulin shot as soon as possible, within 2 weeks after exposure.
3. Tell your boss you've been exposed.
 - We will also call your boss to talk about how to prevent others from becoming sick.
4. Always wash your hands after using the bathroom.
 - Wash at least 15 seconds with soap and warm water.
5. Wash your hands again when returning to the work area.
6. Wear gloves or use tongs to pick-up or move "**High Risk**" foods.
 - High-risk foods are foods that are not cooked after you touch them – like salads, rolls and cookies.
7. Watch yourself for hepatitis A symptoms for two months.
8. If symptoms occur:
 - STOP WORK
 - Notify the health department immediately @ (503) 588-5621.
 - See a doctor.

If your child attends childcare and has been exposed to hepatitis A:

1. Make sure he or she has had his or her hepatitis A vaccine series.
 - If he or she is not already vaccinated and is 12 months or older, get his or her hepatitis vaccine as soon as possible, within 2 weeks after exposure.
2. If your child is less than 12 months or immunocompromised, get an immune globulin shot as soon as possible, within 2 weeks after exposure.
3. Tell everyone in your household to always wash their hands after using the bathroom.
 - Wash at least 20 seconds with soap and warm water.
 - Help young children wash.
4. Tell everyone to wash his or her hands before preparing food or eating.
5. Watch your child for symptoms of hepatitis A for two months after exposure.
6. If symptoms occur:
 - Keep your child home from childcare.
 - Notify the health department immediately @ (503) 588-5621.
 - See a doctor.

MCHD provides services without regard to race, religion, color, national origin, sex, age, marital status, mental or physical disability, political affiliation or sexual orientation.



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If you have questions, contact:
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(503) 588-5342
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Prevent Hepatitis A

