

# Hepatitis A

## Frequently Asked Questions (FAQ)

### 1. What is Hepatitis A?

Hepatitis A is a virus that causes serious liver infection and can easily spread from person to person. This virus can make you sick for weeks to months and even cause death.

### 2. How is Hepatitis A spread?

Hepatitis A is spread by touching things that a person with Hepatitis A touched and not washing your hands after. Hepatitis A can be spread in several different ways:

- An infected person not washing their hands after using the bathroom
- Eating food or drinks contaminated with Hepatitis A
- Having sex with someone who has Hepatitis A

### 3. Who is at risk for getting Hepatitis A?

People who are homeless or use drugs have the highest risk for getting Hepatitis A. Anyone can get Hepatitis A, but you have a higher risk if you:

- Travel or live in countries where Hepatitis A is common
- Use drugs
- Are a man who has sex with men
- Are homeless

### 4. What are the symptoms of Hepatitis A?

**The most important symptom is jaundice (skin or eyes look yellow).** Other common symptoms can include:

- Fever
- Stomach pain
- Feeling Tired
- Dark pee
- Throwing up
- Pale poop
- Feeling like throwing up
- Diarrhea
- Do not feel like eating

Symptoms develop 2 to 6 weeks after you get infected with Hepatitis A.

### 5. How is Hepatitis A treated?

Treatment includes rest, eating healthy, drinking enough water, and getting monitored (checked) by a medical professional like a doctor. Some people may need to be hospitalized. Most people who get Hepatitis A recover completely and don't have lasting liver damage. It's important to see your doctor if you have symptoms of Hepatitis A.

### 6. How can Hepatitis A be prevented?

**The best way to prevent Hepatitis A is by getting the Hepatitis A vaccine (shot).** The vaccine is safe and effective. Visit your doctor's office or call the Orange County Health Referral Line at (800) 564-8448 to get more information. You can also prevent the spread of Hepatitis A by washing your hands with soap and warm water

- Before eating or preparing food
- After using the bathroom or changing diapers

### Who should get vaccinated?

- All children at age 1-year
- Travelers to countries where Hepatitis A is common
- Family and caregivers of adoptees from countries where Hepatitis A is common
- Men who have sex with men
- Recreational drug users
- People with chronic or long-term liver disease including Hepatitis B or C
- People with clotting-factor disorders
- Homeless people

**For more information about Hepatitis A, call the Orange County Health Referral Line at (800) 564-8448.**