

Hepatitis A

What you need to know

Hepatitis A is a contagious liver infection caused by the hepatitis A virus. For some people the illness could be mild, in others it could be severe. It is especially dangerous in people who already have liver problems.

HOW IT SPREADS

Hepatitis A spreads when someone ingests food, water, or objects that have been contaminated with fecal matter (poop).

- **When someone does not wash their hands properly**
- **Contaminated food**
- **Hepatitis A can also spread through sexual contact**

PREVENTION

A safe and effective vaccine is available for hepatitis A.

The hepatitis A vaccine is more than 95% effective

Always wash your hands with soap and water for 20 seconds before preparing or serving food, and after using the bathroom.

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INCREASING IN MARYLAND

Hepatitis A has been spreading in people who are homeless, use drugs, may have recently been in jail, or are men who have sex with men.

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SYMPTOMS

- **Fever**
- **Feeling tired**
- **Loss of appetite**
- **Nausea & vomiting**
- **Diarrhea**
- **Stomach pain**
- **Dark urine**
- **Grey stools**
- **Joint pain**
- **Jaundice** (yellowing of skin or eyes)

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IF YOU HAVE BEEN EXPOSED TO HEPATITIS A

If you are sick, DO NOT go to work or prepare food for anyone. See a medical provider right away.

If you were exposed within the last 14 days, you can prevent disease by getting treatment.