

ACUTE HEPATITIS **A** DIAGNOSIS



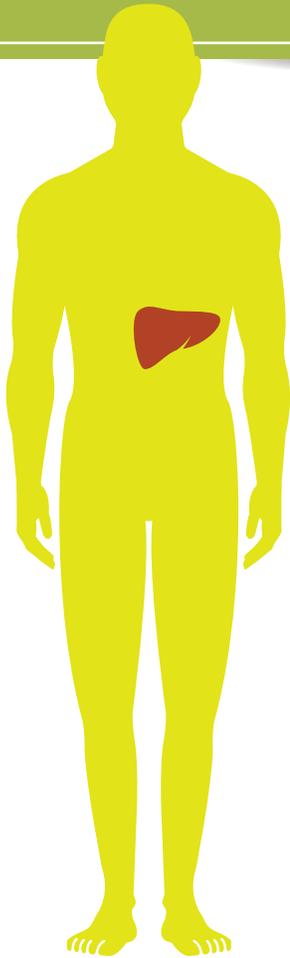
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A health care provider told me that I have hepatitis A infection. Now what?

Hepatitis A infection is caused by a virus (a germ) that can easily spread from person-to-person. It can cause liver disease that can be severe and last several months. In some cases, people who already have other health conditions are at higher risk of dying from hepatitis A.

Keep yourself healthy by following your health care provider's advice. You can also avoid spreading hepatitis A to other people by following the tips below.



TO STAY HEALTHY WHILE INFECTED WITH HEPATITIS A:

- Get plenty of rest
- Eat healthy meals
- Drink fluids
- Avoid alcohol, since it will further damage your liver
- Avoid medications that may affect your liver, such as Tylenol (acetaminophen) - ask your health care provider if you are not sure

TO AVOID PASSING HEPATITIS A TO OTHER PEOPLE:

- **WASH YOUR HANDS** with soap and water for at least 20 seconds
 - BEFORE touching food
 - AFTER using the bathroom

What else can I do to protect myself and others?

- Don't share food, drinks, or smokes with other people
- Use your own towels, toothbrushes, and eating utensils
- Limit your contact, including sexual contact, until a health care provider tells you it's OK
- Tell family and friends who have regular, personal contact with you to get their hepatitis A vaccinations

For more information

- Contact your health care provider
- Call 2-1-1 or visit 211sandiego.org