

# HEPATITIS A VIRAL INFECTION

*Hepatitis A is a highly contagious, short-term liver infection caused by the hepatitis A virus.*

## HOW DOES IT SPREAD?

Hepatitis A is found in the blood and stool of someone with hepatitis A. If someone with hepatitis A virus has not washed their hands after using the toilet, germs can spread on things they touch.



**Touching objects or eating food** handled by someone with hepatitis A.



**Close personal contact** with someone with hepatitis A. This includes having sex, taking care of, or sharing items (needles, pipes) to use drugs, or sharing utensils.

## SIGNS AND SYMPTOMS

Not everyone with hepatitis A has symptoms. If symptoms develop, they usually appear 2-7 weeks after infection. Symptoms include:

- Jaundice (yellowing of the skin or eyes)
- Loss of appetite (not wanting to eat)
- Upset stomach/stomach pain
- Throwing up
- Dark urine or light-colored stools
- Diarrhea
- Joint pain
- Feeling tired



## PREVENTION



**Vaccination is the best way to prevent Hepatitis A.**

Getting 2 shots 6 months apart provides the best protection.

You can still get vaccinated even after being exposed to the virus.



**Wash your hands with soap and water for at least 20 seconds** after using the bathroom, changing diapers, and before preparing or eating food.

**For more information and resources, visit [www.sdepi.org](http://www.sdepi.org).**

