

Protect yourself from hepatitis A.

Hepatitis A is on the rise in our area.



Get vaccinated.



Wash your hands.

Hepatitis A virus is in the poop of people who have the virus.



- If a person with the virus doesn't wash his or her hands after going to the bathroom, poop can transfer to objects, food, drinks or drugs.
- When these things are shared, other people can unknowingly swallow the virus.
- If a person who has the virus comes in close contact with others—like during sex—the virus can spread.



Stop the spread of hepatitis A:

- Wash your hands with soap and water after you use the bathroom, and before you eat and drink.
- Don't share personal items, food, drinks or drugs.



*Contact Broward County Health Department for a free or low-cost vaccine:

954-467-4705.



Hepatitis A can lead to serious liver problems, even death.

Broward.FloridaHealth.gov

HEPATITIS A

General Information

What is hepatitis?

“Hepatitis” means inflammation of the liver. The liver is a vital organ that processes nutrients, filters the blood, and fights infections. When the liver is inflamed or damaged, its function can be affected.

Hepatitis is most often caused by a virus. In the United States, the most common types of viral hepatitis are Hepatitis A, Hepatitis B, and Hepatitis C. Heavy alcohol use, toxins, some medications, and certain medical conditions can also cause hepatitis.

What is Hepatitis A?

Hepatitis A is a highly contagious liver infection caused by the Hepatitis A virus. It can range in severity from a mild illness lasting a few weeks to a severe illness lasting several months.

Who is at risk?

Although anyone can get Hepatitis A, some people are at greater risk, such as those who:

- Travel to or live in countries where Hepatitis A is common
- Use recreational drugs, whether injected or not
- Have sexual contact with someone who has Hepatitis A
- Have clotting-factor disorders, such as hemophilia
- Are men who have sexual encounters with other men
- Are household members or caregivers of a person infected with Hepatitis A

How common is Hepatitis A?

Hepatitis A still occurs in the United States, although not as frequently as it once did. Over the last several decades, there has been more than a 90% decrease in Hepatitis A cases. New cases are now estimated to be around 3,000 each year. Many experts believe this decline is a result of the vaccination of children and people at risk for Hepatitis A. Many of the new cases, however, are from American travelers who got infected while traveling to parts of the world where Hepatitis A is common.



Hepatitis A can be prevented with a safe and effective vaccine.

How is Hepatitis A spread?

Hepatitis A is usually spread when a person ingests fecal matter—even in microscopic amounts—from contact with objects, food, or drinks contaminated by feces or stool from an infected person.

Hepatitis A can be spread when:

- An infected person does not wash his/her hands properly after going to the bathroom and then touches objects or food
- A caregiver does not properly wash his or her hands after changing diapers or cleaning up the stool of an infected person
- Someone engages in sexual activities with an infected person

Hepatitis A also can be spread through contaminated food or water. Contamination of food can happen at any point: growing, harvesting, processing, handling, and even after cooking. This most often occurs in countries where Hepatitis A is common.

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U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

What are the symptoms of Hepatitis A?

Not everyone has symptoms. If symptoms develop, they usually appear 2 to 6 weeks after infection and can include:

- Fever
- Vomiting
- Grey-colored stools
- Fatigue
- Abdominal pain
- Joint pain
- Loss of appetite
- Dark urine
- Jaundice
- Nausea

Symptoms are more likely to occur in adults than in children. They usually last less than 2 months, although some people can be ill for as long as 6 months.



People can spread Hepatitis A even if they don't look or feel sick. Many children and some adults have no symptoms.

How is Hepatitis A diagnosed and treated?

A doctor can determine if a person has Hepatitis A by discussing his or her symptoms and taking a blood sample. To treat Hepatitis A, doctors usually recommend rest, adequate nutrition, fluids, and medical monitoring. Some people will need to be hospitalized. It can take a few months before people begin to feel better.

How serious is Hepatitis A?

Most people who get Hepatitis A feel sick for several months, but they usually recover completely and do not have lasting liver damage. Sometimes Hepatitis A can cause liver failure and death, although this is rare and occurs more commonly in people older than 50 and people with other liver diseases.

Can Hepatitis A be prevented?

Yes. The best way to prevent Hepatitis A is by getting vaccinated. Experts recommend the vaccine for all children, and people with certain risk factors and medical conditions. The vaccine is also recommended for travelers to certain international countries, even if travel occurs for short times or on closed resorts. The Hepatitis A vaccine is safe and effective and given as 2 shots, 6 months apart. Both shots are needed for long-term protection. Ask if your health plan will cover travel related vaccines. You can get vaccinated at your doctor's office, as well as travel clinics and other locations. Lower cost vaccination may be available at certain pharmacies and your local health department.

Who should get vaccinated against Hepatitis A?

Vaccination is recommended for certain groups, including:

- 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 sexual encounters with other men
- Users of recreational drugs, whether injected or not
- People with chronic or long-term liver disease, including Hepatitis B or Hepatitis C
- People with clotting-factor disorders

For more information

Talk to your health professional, call your health department, or visit www.cdc.gov/hepatitis or www.cdc.gov/travel.

El virus de la hepatitis A (VHA) es una forma de hepatitis infecciosa que se puede prevenir con una vacuna.

Departamento de Salud de Florida • FloridaHealth.gov

El VHA es contagioso y puede dañar su hígado.

El VHA generalmente se transmite de persona a persona a través de objetos, alimentos o bebidas que están contaminados por pequeñas cantidades de heces de una persona con el VHA.



Síntomas

Usted puede tener el VHA hasta por 2 semanas sin sentirse enfermo, pero durante ese tiempo puede contagiar el VHA a otras personas.

Los síntomas generalmente comienzan de 2 a 6 semanas después de la infección y duran menos de 2 meses. Algunas personas pueden estar enfermas hasta por 6 meses.

SÍNTOMAS COMUNES:

- Dolor de estómago.
- Náuseas y vómitos.
- Coloración amarilla de la piel o los ojos (ictericia).



OTROS SÍNTOMAS:

- Diarrea.
- Pérdida del apetito.
- Dolor articular.
- Heces pálidas o de color arcilla.
- Fiebre.
- Cansancio.
- Orina de color oscuro.

¿Cree que está en riesgo? Consulte a su proveedor de atención médica.

Usted está en riesgo si:

- Está en contacto directo, cuida o vive con alguien que tiene el VHA.
- Ha visitado recientemente un país donde el VHA es común, o ha estado en contacto directo con alguien que lo haya hecho.
- Tiene relaciones sexuales con alguien que tiene el VHA.
- Es un hombre que ha tenido relaciones sexuales con otros hombres.
- Usa drogas inyectables o no inyectables.
- No tiene hogar o se encuentra en vivienda temporal.
- Ha estado en la cárcel recientemente.

Su proveedor de atención médica:

- Hablará con usted acerca de sus riesgos y síntomas.
- Puede tomar una muestra de sangre para realizar una prueba de detección del VHA.

Si usted tiene el VHA, deberá:

- Descansar mucho.
- Consumir alimentos saludables.
- Beber mucho líquido.
- Asistir a todas las citas médicas con su proveedor de atención médica.

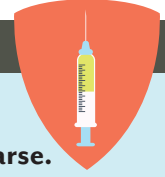
Quédese en casa y no vaya a trabajar si tiene el VHA.

Si tiene algunos de los síntomas y tiene un amigo cercano, pariente o compañero de cuarto a quien se le haya diagnosticado el VHA en los últimos 30 días, acuda a un proveedor de atención médica de inmediato.

AVISE A SU JEFE SI:

- Debe consultar a un proveedor de atención médica porque tiene síntomas relacionados con el VHA.
- Ha consultado a un proveedor de atención médica y tiene el VHA.

Prevenga la transmisión del VHA.



Hable con su proveedor de atención médica sobre la posibilidad de vacunarse.

El VHA puede transmitirse de persona a persona a través de cualquier actividad sexual con una persona que tiene el VHA; el uso de un condón no evitará la transmisión del virus. Las personas que están enfermas con el VHA deben evitar el contacto sexual. Las personas que están en riesgo de contraer el VHA deben vacunarse.

Otra manera de ayudar a prevenir la transmisión del VHA es lavarse las manos con agua tibia y jabón durante al menos 20 segundos:

ANTES DE

- Preparar alimentos.
- Trabajar con alimentos que no estén envasados.

DESPUÉS DE

- Tocar a personas o superficies públicas.
- Usar el baño.
- Cambiar un pañal.
- Toser, estornudar o usar un pañuelo o pañuelo de papel.
- Usar tabaco, comer o beber.



LOS
DESINFECTANTES
PARA MANOS
A BASE DE ALCOHOL
NO MATAN
LOS GÉRMENES
DEL VHA.



NO COMPARTA:

Toallas, cepillos de dientes o utensilios para comer.

NO TOQUE:

Alimentos, bebidas, drogas o cigarrillos que hayan sido manipulados por una persona con el VHA.

La vacuna contra el VHA es segura y eficaz.

- Si usted está en riesgo de contraer el VHA, debe vacunarse.
- La vacuna se administra en 2 inyecciones, con un intervalo de 6 meses entre cada una. Se necesitan ambas inyecciones para que la vacuna tenga efecto a largo plazo.
- Comuníquese con su departamento de salud local si no tiene seguro de salud en este momento y necesita ayuda para vacunarse.

¿Tiene alguna pregunta? ¿Desea obtener más información?

Florida Department of Health in Broward County
780 SW 24th Street, Fort Lauderdale, FL 33315

954-467-4705

<http://Broward.FloridaHealth.gov>

Obtenga más información: CDC.gov/Hepatitis, Immunize.org/Hepatitis-A

