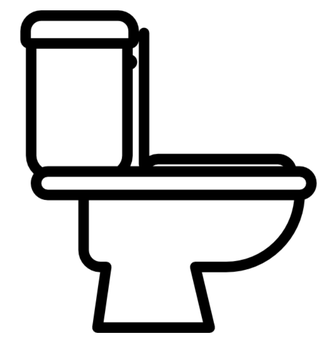
Hepatitis A

Fact Sheet

Hepatitis A is a liver disease caused by the hepatitis A virus.



Hepatitis A is spread primarily through contact with the stool of an infected person.

Common Signs and Symptoms

Fever

Feeling Very Tired

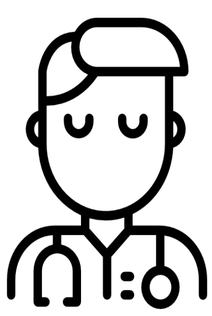
Loss of Appetite

Nausea and Vomiting

Stomach Pain

Dark Urine

Signs and symptoms of hepatitis A can also include jaundice (or yellowing of the skin and eyes) and diarrhea. Signs and symptoms usually show up about 28 days after exposure, but can range from 15-50 days. Some people do not show any signs or symptoms.



Talk to your doctor if you think you have hepatitis A. Hepatitis is diagnosed based on signs and symptoms and confirmed with a blood test. There is no specific treatment, but supportive care is recommended.

Prevention

Get Vaccinated

- The hepatitis A vaccine is recommended for everyone one year old or older.
- Vaccination consists of two shots.

Wash Your Hands With Soap and Water

- After using the bathroom
- After changing a diaper
- Before preparing or eating food

Vaccination and hand washing are the most effective ways to prevent hepatitis A.

Risk Factors

Although anyone can get hepatitis A, some people are at a greater risk, including:

People Experiencing Homelessness

People Who Use Street Drugs (Injection and Non-Injection)

Men Who Have Sex With Men

Travelers to Countries With High Rates of Hepatitis A

Other individuals at high risk include people who work in a research laboratory setting, people who have chronic liver disease including hepatitis C or chronic hepatitis B, people with clotting-factor disorders, and household members and close contacts of adopted children newly arriving from a country where hepatitis A is common.

For More Information, Visit:

1. www.maine.gov/dhhs/hepatitis
2. www.cdc.gov/hepatitis/hav

You can also call Maine CDC at 1-800-821-5821.

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