

# FIGHT HEP A

## It starts with you

Hepatitis A is a contagious liver infection. The virus is found in the stool of people with the infection and is usually spread by consuming food or water contaminated with the virus.



### Wash your hands

Wash your hands thoroughly and often with soap and warm water. Regular handwashing can help you avoid getting sick and spreading the disease.



### Stay home if you are sick

Diseases go wherever you go when you are sick. Stay at home and check with your healthcare provider when needed.



### Get Vaccinated

Vaccination provides the best protection against this disease.

## Symptoms of HEPATITIS A infection

- Fever
- Fatigue
- Headache and/or body ache
- Loss of appetite
- Nausea
- Stomach pain
- Vomiting
- Diarrhea
- Yellow skin and eyes
- Dark colored urine
- Pale colored stools



### Watch for symptoms

Monitor your health and contact your healthcare provider immediately if you develop symptoms.



### Been in contact with someone who has Hepatitis A?

### Call your doctor right away

Vaccine or immune globulin (IG) administered within the first two weeks after exposure may provide some protection against the disease.

Unvaccinated food handlers must have a negative hepatitis A IgM test before returning to work.



For more information,  
call 2-1-1 or visit [health.hawaii.gov](http://health.hawaii.gov)

Disease  
Transmission  
by  
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