

Hepatitis A

What is hepatitis A?

Hepatitis A is a virus that causes inflammation of the liver. Hepatitis A infections can make you very sick.

What are the symptoms of hepatitis A?

- Fever
- Feeling tired
- Nausea
- Loss of appetite
- Stomach pain
- Diarrhea
- Vomiting
- Jaundice (yellowing of the skin or eyes)
- Brown or tea-colored urine
- Gray or light-colored feces (poop)



Symptoms begin 2-7 weeks (usually 3 weeks) after being exposed. Symptoms tend to be more severe in adults than in children. They usually last less than 2 months, but can last as long as 6 months.

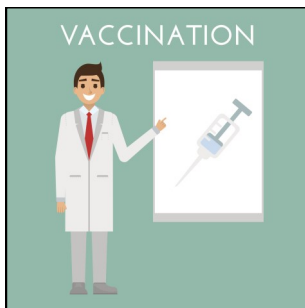
How do I get hepatitis A?

Hepatitis A is in the feces (poop) of people that are sick with the virus. You get it by swallowing or eating tiny amounts of the virus from other people that are sick. You can get sick from:

- Food or drink contaminated with the virus
- Sexual contact including oral, anal or vaginal sex with someone who has hepatitis A
- Touching an object contaminated with feces, then putting your hands in your mouth.

How do I protect myself against hepatitis A?

- Get the hepatitis A vaccine.
- Always wash your hands after using the restroom or changing a diaper with soap and water for 20 seconds.
- Disinfect surfaces contaminated with feces (poop).



What is the treatment for preventing hepatitis A?

Immune globulin or hepatitis A vaccine can be given within 14 days of being exposed to the virus to help prevent illness or make the symptoms less severe. If you think you have been exposed to the hepatitis A virus, contact your health care provider or local health department to help you decide the best treatment. For more information [here](#).

