

## Prevention

Hepatitis A vaccine is the best protection.

The vaccine is given in two doses in the muscle of the upper arm. The first dose provides protection two to four weeks after initial vaccination; the second booster dose, given six months later, provides protection for up to twenty years.

Always wash your hands with soap and water after using the bathroom, changing a diaper, and before preparing and eating food.

## Diagnosis & Treatment

A blood test is used to diagnose hepatitis A.

There is no drug treatment.

During the disease process, bed rest and increasing fluids are the best forms of treatment.

## Complications

About 15% of people infected will have prolonged or relapsing symptoms lasting over a 6-9 month period.

The average adult patient can miss up to five weeks of work due to the illness.

Once you have hepatitis A, you cannot get it again.

*Public Health...Everyday, Everywhere, Everyone*

## Resources

### American Liver Foundation

[www.liverfoundation.org](http://www.liverfoundation.org)  
1-800-465-4837

### CDC - National Immunization Program

[www.cdc.gov/vaccines](http://www.cdc.gov/vaccines)  
1-800-232-4636

### Colorado Department of Health & Environment - Immunization Program

[www.cdph.state.co.us/dc/Immunization](http://www.cdph.state.co.us/dc/Immunization)  
303-692-2650

### Immunization Action Coalition

[www.immunize.org](http://www.immunize.org)  
(615) 647-9009

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## Jefferson County Public Health

Arvada

Lakewood

Edgewater

Golden

(303) 232-6301

[www.jeffco.us/health](http://www.jeffco.us/health)

November 11

# Hepatitis



can be prevented...



303-232-6301

[www.jeffco.us/health](http://www.jeffco.us/health)

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# Hepatitis A

Hepatitis A is a liver disease caused by the hepatitis A virus (HAV), lasting from a few weeks to several months. It does not lead to chronic infection.

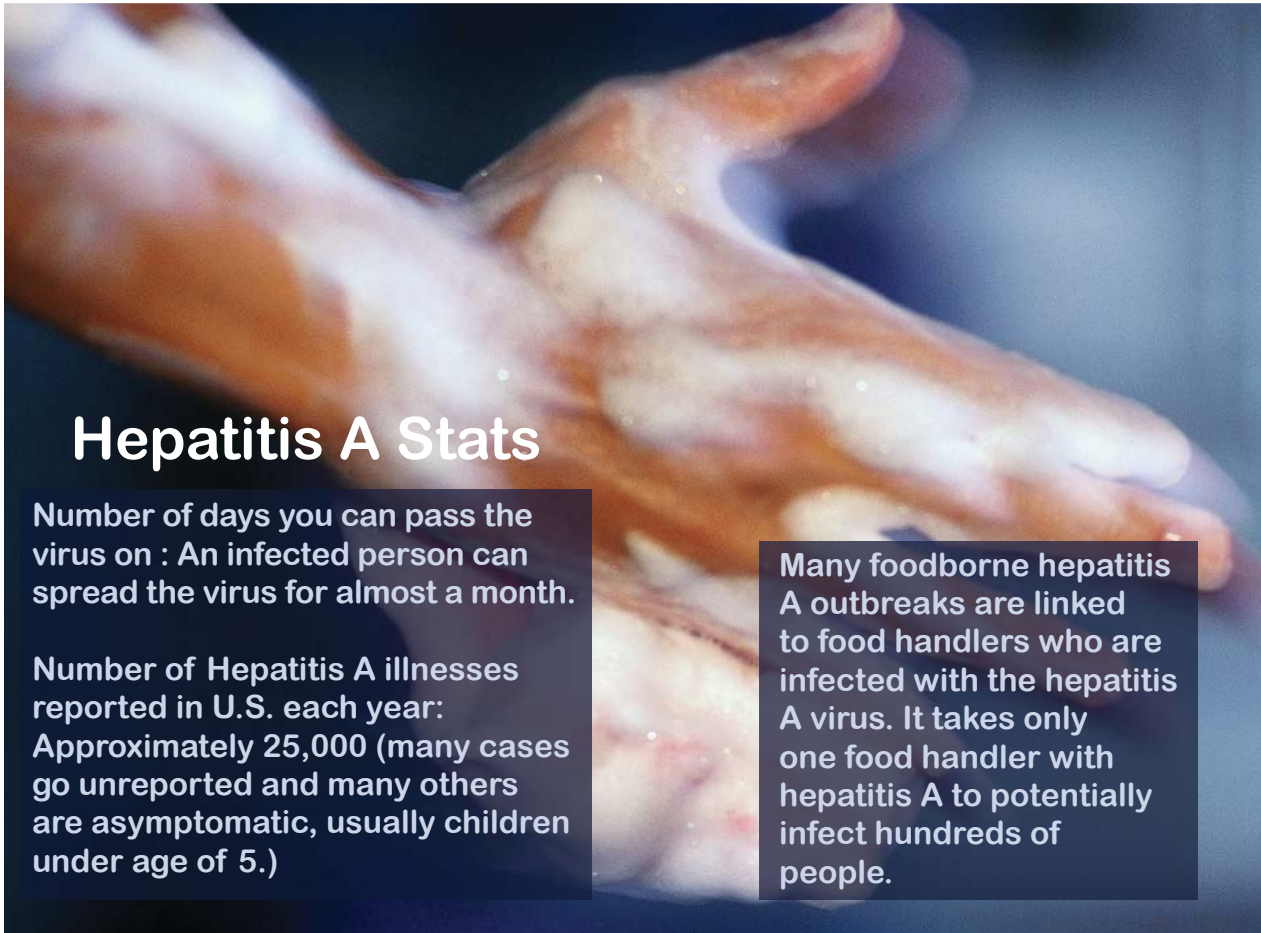
## How does It Spread?

Hepatitis A is usually spread from person to person by putting something in the mouth that

has been contaminated with the fecal matter, even in microscopic amounts.

Hepatitis A can be spread through food or water as a result of poor hand washing or contamination through the growing, harvesting, processing, handling or even after the cooking of food.

## Handwashing Controls Spread of Hepatitis A



### Hepatitis A Stats

Number of days you can pass the virus on : An infected person can spread the virus for almost a month.

Number of Hepatitis A illnesses reported in U.S. each year: Approximately 25,000 (many cases go unreported and many others are asymptomatic, usually children under age of 5.)

Many foodborne hepatitis A outbreaks are linked to food handlers who are infected with the hepatitis A virus. It takes only one food handler with hepatitis A to potentially infect hundreds of people.

## SYMPTOMS

- nausea
- vomiting
- fatigue
- fever
- dark colored urine
- whitish bowel movements
- yellow color to skin or eyes

Hepatitis A illness has been decreasing in Jefferson County and across the nation through education and vaccination. The expansion in 2006 of recommendations for routine hepatitis A vaccination to include all children in the United States ages 12 months and up has helped to reduce hepatitis A outbreaks.

## HEP A VACCINE

Safe and Effective  
Prevention



For more  
information Call:  
303-239-7007