



Hepatitis

A

Hepatitis A is a vaccine-preventable liver infection caused by the hepatitis A virus (HAV).

It can be easily spread between people. Symptoms of hepatitis A may include fatigue (tiredness), nausea (feeling sick), stomach pain and jaundice (yellow eyes/skin) and can last up to two months but most people with hepatitis A do not have a long-lasting illness. Older people and those with health problems, like liver disease, are more at risk of getting sick from hepatitis A.

Hepatitis A can be passed on by:



Drinking or eating contaminated fluids or food



Close contact with someone with hepatitis A

What are the symptoms?



Fever, tiredness and being off your food



Feeling sick or nauseous



Yellow eyes or skin



Dark pee, pale poop or diarrhoea

Hepatitis A

If you have any symptoms, stay inside – don't go to work, school or visit friends and family:



If you do get sick then you should:



Get plenty of rest and eat small, light meals to avoid feeling sick



Practise good hygiene, such as washing your hands with soap and hot water regularly

Seek medical attention and tell them if you have been in contact with someone with hepatitis A.

Tell them you have this flyer, you can show it to them to help make sure you get the treatment you need.

I have been in contact with someone with hepatitis A



Avoid alcohol to reduce the strain on your liver



Stay home to avoid passing it on to other people as it spreads through contact



If your symptoms get worse though, then you should give the NHS 111 number a call or speak to your GP or Traveller liaison team.