HEPATITIS A
Highly contagious. Highly preventable.

Indiana State Department of Health

What is hepatitis A?

Indiana is experiencing an outbreak of hepatitis A, a highly contagious liver infection caused by the hepatitis A virus. It can range from a mild illness lasting a few weeks to a severe illness lasting a few months.

What are the symptoms?

Not everyone has signs of hepatitis A. If symptoms do develop, they usually appear two to six weeks after infection and can include:

ABDOMINAL PAIN **FEVER** **DARK URINE** **NAUSEA** **VOMITING** **JAUNDICE (YELLOWING OF THE EYES)** **PALE STOOLS (POOP)** **LOSS OF APPETITE**

JOINT PAIN **DIARRHEA** **FATIGUE (EXTREME TIREDNESS)**

Symptoms are more likely to occur in adults than in children. They usually last fewer than two months, but some people can be ill as long as six months.

What should I do if I have symptoms?

Anyone who has symptoms should contact a healthcare provider immediately and should not prepare food for others. People with symptoms should not attend work or school while ill.
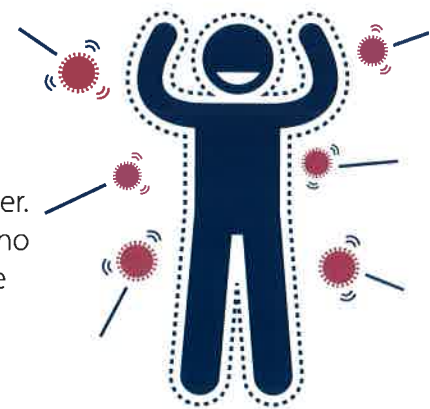
How do I know if I have hepatitis A?

A doctor can confirm if someone has hepatitis A with a blood test.

Who is most at risk during this outbreak?

Hepatitis A is usually spread person-to-person when someone accidently consumes stool (poop) of someone with hepatitis A or by consuming contaminated food or water. Although anyone can get hepatitis A, those most at risk in this outbreak are people who use illicit drugs, homeless individuals, men who have sex with men and those who are in jail or prison.

Immunity

What can I do to prevent hepatitis A?

Get Vaccinated! Hepatitis A vaccine is readily available from healthcare providers and pharmacies. Good handwashing with soap and running water, especially before preparing food and after using the restroom, can also help prevent the spread of hepatitis A.

For more information

Talk to your healthcare provider or visit **hepAfacts.isdh.in.gov** for more information on the hepatitis A outbreak in Indiana.