

# PROTECT YOURSELF FROM HEPATITIS A

## HOW IS IT SPREAD?



Not washing  
hands



Sex with  
infected  
partners



Eating or  
drinking foods  
contaminated  
by hepatitis A



It can also be spread through  
close contact with someone  
infected with Hepatitis A.

## WHAT ARE THE SYMPTOMS?



Yellowing of  
eye and skin  
(jaundice)



Fever



Nausea or  
throwing up

Other symptoms include dark  
pee, pale poop, stomach pain,  
feeling tired, or loss of appetite.

**IF YOU HAVE SYMPTOMS,  
SEE YOUR DOCTOR OR A  
HEALTHCARE PROVIDER.**

## HOW DO I PREVENT THE SPREAD OF HEPATITIS A?



Wash your hands with soap  
and warm water after using  
the bathroom or changing  
diapers and before eating  
and preparing food.



**Get vaccinated  
for hepatitis A!**

## WHO IS AT HIGH RISK?

- People who use injection or non-injection drugs
- People experiencing homelessness
- People recently in jail or prison
- Men who have sex with men (MSM)
- People with underlying liver disease



[www.snhd.info/hep-a-control](http://www.snhd.info/hep-a-control)