

## What is it?

- Hepatitis A, or Hep A, is an illness that affects the liver.
- A virus causes Hep A. It spreads easily from person to person.
- You will usually be sick for less than two months. However, you can be sick for as long as six months.



## How is it spread?

You can get it when anything with feces (poop) on it is in your mouth. The amount of poop that can make you sick is so small you might not be able to see it. You might get poop in your mouth through:



Unwashed hands



Changing diapers



Contaminated food or utensils



Sex with an infected person



Close contact with an infected person



Sharing smoking or drug devices

## What are the signs of Hep A?



Fever



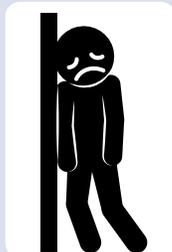
Stomach pain



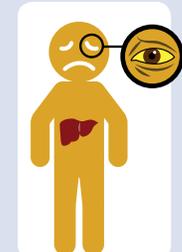
Nausea



Vomiting



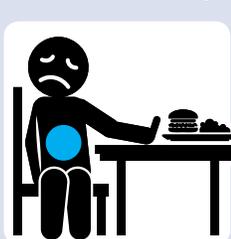
Being tired or fatigued



Yellowing of the eyes or skin (jaundice)



Dark urine, pale poop or diarrhea



Not wanting to eat

## How can I keep from getting it?



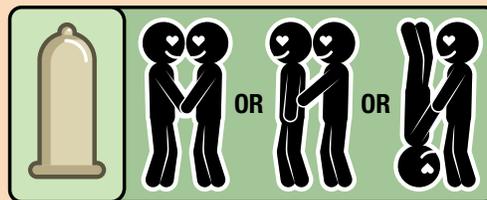
Get a Hep A vaccine.



Wash your hands with soap and water.



Avoid sex with an infected person.



Practice safe sex. Use a barrier method, like a condom.



Avoid close contact with an infected person.

## What should I do if I have signs of Hep A?

See a health care provider.

