What is Hepatitis A?

- 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 Hepatitis A 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 Hepatitis 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 Hepatitis A?

- 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 Hepatitis A?

See a health care provider.