

UNDERSTANDING HEPATITIS A

▶ **Hepatitis A** is a disease that affects your liver. It is caused by the Hepatitis A Virus or HAV for short. HAV is found in fecal matter (poop) and is very infectious.

Most people infected with the virus get well within six months. However, HAV can be very serious for some people, including those who already have liver disease.

Learn how to prevent Hepatitis A especially if you already have liver disease. There is a safe and effective vaccine.

Call Hep-C ALERT to learn about local resources for prevention, vaccination and testing.

Hep-C ALERT, Inc.
501(c)(3)

660 NE 125 Street
North Miami, FL
33161

Phone:
305-893-7992

Toll-free:
877-435-7443

Fax:
305-893-7998

Web:
www.hep-c-alert.org



HOW IS HEPATITIS A SPREAD?

The Hepatitis A Virus is spread by putting something in your mouth that is contaminated by the stool of another person with Hepatitis A. It is usually spread through:

- Household or sexual contact with an infected person
- Eating or drinking contaminated food or water
- Sharing eating utensils that are contaminated
- Touching contaminated surfaces and then placing your hand near or in the mouth

WHO'S AT RISK?

Anyone can acquire Hepatitis A, however the rates of infection are particularly high among certain groups including:

- Men who have sex with men
- People who use illicit drugs
- People living in or traveling to area that have high rates of Hepatitis A

HOW IS IT PREVENTED?

- Get vaccinated. The vaccine is very effective and can keep you from ever getting infected
- Practice good personal hygiene, especially by washing your hands after using the restroom and before preparing food
- Wash fruits and vegetables well. Avoid eating vegetables or fruits that could have been washed with contaminated water, such as lettuce
- Use condoms correctly and every time you have sex

**ARE YOU AT RISK?
GET VACCINATED!**