

# EASY C FACTS

## What Is Hepatitis A?

The hepatitis A virus lives in feces (stools or poop). The main way you can get hepatitis A (HAV) is by getting HAV-infected poop into your mouth. You can also get it by eating raw or undercooked shellfish, having anal-oral sex (rimming), and from drinking water that has raw sewage (poop) in it.

The hepatitis A virus attacks the liver.

Symptoms include feeling tired, feeling sick to the stomach, vomiting, fever, diarrhea, and dark urine. Many children have no symptoms – that’s why it spreads so quickly to so many children in daycare centers. The good thing about HAV is that if you get it your body will eventually fight it off and you will not have problems with HAV in the future.

## *Preventing Hepatitis A:*

- Get vaccinated if not already protected. It is important if you have hepatitis C that you are protected from getting HAV and hepatitis B.
- Wash your hands with soap and water for at least 15 to 20 seconds especially before preparing food, after using the toilet or anytime you get poop on your hands.
- Practice safer sex!

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 **HEPATITIS C**  
SUPPORT PROJECT