

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 is by getting hepatitis A infected poop into your mouth. Other ways you can get it are by eating raw or undercooked shellfish, having anal-oral sex (rimming), and from drinking contaminated water that has raw sewage (poop) in it.

The hepatitis A virus at-

tacks the liver. In adults it can cause many symptoms including 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 hepatitis A is that you get it and your body will eventually fight it off and you will not have problems in the future.

Preventing Hepatitis A:

- Get vaccinated against hepatitis A if you have NOT already been infected. The vaccine is safe and will protect you from getting it.
- Wash your hands with soap and water for at least 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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