

# PROTECT YOURSELF FROM Hepatitis A

## HOW IS IT SPREAD?



Forgetting to wash hands after using bathroom or changing diaper



Having sex with infected partner(s)



Eating or drinking foods contaminated by Hepatitis A

It can also be spread by sharing food, drink, drugs, toothbrushes, and utensils with someone infected with Hepatitis A

## WHAT ARE THE SYMPTOMS?



Yellowing of eyes and skin (jaundice)



Fever



Nausea or throwing up

Other symptoms include: dark pee, pale poop, stomach pain, feeling tired or loss of appetite  
**If you have symptoms, see your doctor.**

## HOW DO I PREVENT THE SPREAD OF HEPATITIS A?



Wash your hands with soap and warm water after using the bathroom or changing diapers and before eating and preparing food.



**GET VACCINATED  
IF YOU ARE HIGH  
RISK FOR GETTING  
HEPATITIS A!**