

# Hepatitis A

## HEALTH WARNING

### WHAT IS HEPATITIS A?

Hepatitis A (hep A) is a virus that spreads easily. Many people don't know they have hep A so they spread it without knowing.

It can cause severe liver disease that can last for months.

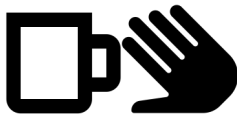
Sometimes people die from hep A.

Hep A has been spreading in people living homeless in the U.S.

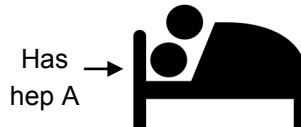


### HOW DOES IT SPREAD?

Hep A is in the poop of someone with hep A. If they haven't washed their hands after using the toilet, tiny bits of poop can get on things they touch. Hep A spreads from:



Touching objects or eating food that someone with hep A handled



Having sex with someone who has hep A



Sharing needles, pipes, or other items to take drugs

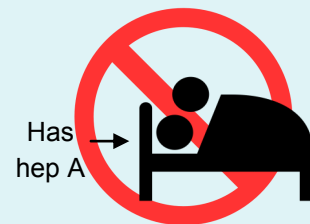


**Wash your hands with soap and water** after using the toilet, and before you cook or eat! Soap and water work best, but if they aren't available, use alcohol-based hand gel.

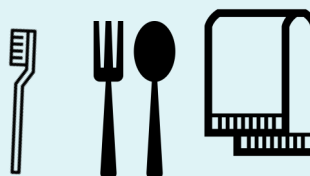
### HOW CAN YOU PREVENT HEPATITIS A?



**Get 2 shots of hepatitis A vaccine**



Don't have sex with someone who has hep A



Use your own towels, toothbrush and utensils

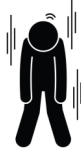


Don't share food, drinks, needles, or smokes

# SYMPTOMS OF HEPATITIS A



Fever



Fatigue



Vomiting



No appetite



Jaundice  
(yellow eyes  
& skin)



Dark pee,  
pale poop,  
diarrhea

Some people with hep A don't have any symptoms.

**If you think you might have hep A, see your doctor or go to the hospital.**

## YOU CAN PROTECT YOURSELF FROM HEPATITIS A

**If you have health insurance** ► You can get the hep A vaccine from your regular health care provider or many local pharmacies.

**If you don't have health insurance** ► You may get the hep A vaccine for free at these locations:

### WCHD Adult Health Clinic:

Thursdays, 9:00am—12:00pm  
1500 N. State St.

No appointment needed, but it is helpful to call ahead.

### WCHD Syringe Services Program:

Mondays, 9:30am-12:00pm  
Thursdays, 2:30-5:15pm  
1500 N. State St.

No appointment needed.

### WCHD Mobile Sites:

Tuesdays 9:00-11:00am | St. Peter's Church,  
Deming

Tuesdays 11:30am—12:30pm | Maple Falls  
Welcome Center, Maple Falls

Wednesdays, 1:00-3:00pm | Fire Station #63,  
Birch Bay

Every 3rd Wednesday at Maple Alley Inn,  
Bellingham | 11:00am-12:00pm

*Materials adapted from Public Health Seattle-King County - August 2019*



Whatcom County  
**HEALTH**  
Department

