



# Hepatitis A virus (HAV) is a vaccine-preventable form of infectious hepatitis.

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HAV is contagious & can harm your liver.

HAV usually spreads person-to-person through objects, food or drink that are contaminated by small amounts of stool from a person with HAV.



## Symptoms

You can have HAV for up to 2 weeks without feeling sick, but during that time you may be spreading HAV to others.

Symptoms usually start 2–6 weeks after infection and last less than 2 months. Some people can be sick for up to 6 months.

### COMMON SYMPTOMS:

- Stomach pain.
- Nausea and vomiting.
- Yellow skin or eyes (jaundice).

### OTHER SYMPTOMS:

- Diarrhea.
- Loss of appetite.
- Joint pain.
- Pale or clay colored stool.
- Fever.
- Tired.
- Dark-colored urine.



## Think you're at risk? See your health care provider.

### You're at risk if you:

- Are in close contact, care for or live with someone who has HAV.
- Have recently visited a country where HAV is common—or been in close contact with someone who has.
- Are having sex with someone who has HAV.
- Are a man who has had sex with other men.
- Use injection or non-injection drugs.
- Are homeless or in temporary housing.
- Have recently been incarcerated.

### Your health care provider:

- Will talk to you about your risks and symptoms.
- May take a blood sample to test you for HAV.

### If you have HAV, you will need to:

- Get lots of rest.
- Eat healthy food.
- Drink plenty of fluids.
- Keep all medical appointments with your health care provider.

## Stay home from work if you have HAV.

If you have some symptoms and a close friend, relative or roommate who has been diagnosed with HAV in the past 30 days, see a health care provider immediately.

### LET YOUR BOSS KNOW IF:

- You're seeing a health care provider because you have HAV symptoms.
- You've seen a health care provider and you have HAV.

Prevent the spread of HAV.



Talk to your health care provider about getting vaccinated.

HAV can spread person-to-person from any sexual activity with a person who has HAV—using a condom will not prevent the spread of the virus. People who are sick with HAV should avoid sexual contact. People who are at-risk should get vaccinated.

An additional way to help prevent the spread of HAV is to wash your hands with soap and warm water for at least 20 seconds:

### BEFORE YOU

- Prepare food.
- Work with food that isn't already packaged.

### AFTER YOU

- Touch people or public surfaces.
- Use the restroom.
- Change a diaper.
- Cough, sneeze or use a handkerchief or tissue.
- Use tobacco, eat or drink.



**ALCOHOL-BASED HAND SANITIZERS DON'T KILL HAV GERMS!**



### DON'T SHARE:

Towels, toothbrushes or eating utensils.

### DON'T TOUCH:

Food, drinks, drugs or cigarettes that have been handled by a person with HAV.

## The HAV vaccine is safe & effective.

- If you're at risk, you should get vaccinated.
- The vaccine is given as 2 shots, 6 months apart. You need both shots for the vaccine to work long-term.
- Contact your local health department if you don't have health insurance at this time and you need help getting a vaccination.

## Have questions? Like to learn more?

Contact the Florida Department of Health in Broward County  
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