

## [Hepatitis A](#)

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| <b>Sources</b>             | Raw or undercooked shellfish from contaminated waters, raw produce, contaminated drinking water, uncooked foods, and cooked foods that are not reheated after contact with an infected food handler.  |
| <b>Incubation period</b>   | 28 days average (ranges from 15 to 50 days)   |
| <b>Symptoms</b>            | Diarrhea, dark urine or light-colored stools, jaundice, fever, fatigue, nausea, joint pain, stomach pain, upset stomach, and loss of appetite.  |
| <b>Duration of illness</b> | Symptoms usually last less than 2 months, although some people can be ill for as long as 6 months.  |
| <b>What to do</b>          | See your doctor if you have signs or symptoms of hepatitis A or think you may have been exposed to the virus.   |
| <b>Prevention</b>          | <ul style="list-style-type: none"><li>• Avoid eating raw oysters or other raw or undercooked shellfish.</li><li>• Wash hands frequently with soap and running water for at least 20 seconds, particularly after using the bathroom, after changing diapers, and before, during, and after preparing food.</li><li>• Vaccination is the best way to prevent hepatitis A. Hepatitis A vaccination is recommended for:<ul style="list-style-type: none"><li>◦ All children at age 1 year</li><li>◦ People with direct contact with others who have hepatitis A</li><li>◦ People with chronic or long-term liver disease</li><li>◦ People with clotting-factor disorders</li><li>◦ Travelers to countries where hepatitis A is common</li><li>◦ Men who have sexual encounters with other men</li><li>◦ People who use or inject drugs</li><li>◦ People experiencing homelessness</li></ul></li></ul> |

