

Hepatitis A Virus Alert for Food Workers

Food workers are not at an increased risk of getting hepatitis A, but can more easily infect others if they become sick.

Adapted from a Florida Health infographic

HEPATITIS A IS CONTAGIOUS

Hepatitis A virus is in the stool of people who have the virus.

If a person with the virus doesn't wash his or her hands properly after going to the bathroom, stool can transfer to people, objects, food and drinks.



SYMPTOMS

- Stomach pain
- Nausea and vomiting
- Yellow skin or eyes (jaundice)
- Diarrhea
- Loss of appetite
- Joint pain
- Pale or clay colored stool
- Fever
- Tired
- Dark-colored urine

Symptoms start 2-7 weeks after infection and usually last less than 2 months. Some people can be sick for up to 6 months.

You can have hepatitis A for up to 2 weeks without feeling sick but during that time, you can spread it to others.

STAY HOME FROM WORK



LET YOUR BOSS KNOW AND STAY HOME FROM WORK IF:

- You're experiencing any of the symptoms mentioned
- You've seen a health care provider because you have hepatitis A

! If you have some of the symptoms associated with hepatitis A, see a health care provider in a timely manner.

DON'T SPREAD HEPATITIS A AT WORK

Wash your hands with soap and warm, running water for 20 seconds:

BEFORE YOU

- Put on disposable gloves
- Prepare food
- Switch between working with raw food and working with ready-to-eat food
- Work with food that isn't packaged
- Change kitchen tasks
- Handle or serve food
- Handle clean tableware and utensils
- Handle take-out containers or utensils
- Clean equipment

AFTER YOU

- Touch bare human body parts other than clean hands and arms
- Use the restroom
- Handle dirty equipment or utensils
- Cough, sneeze or use a handkerchief or tissue
- Use tobacco, eat or drink

! ALCOHOL-BASED HAND SANITIZERS DON'T KILL HEPATITIS A GERMS!



THE VACCINE IS SAFE & EFFECTIVE



- If you're at risk, get vaccinated
- The vaccine is given as 2 shots, 6 months apart— You need both shots for life-time protection

[FREE VACCINE] @ CDH BEING OFFERED TO:

- Those who do not have health insurance (uninsured)
- Those whose insurance does not cover the entire cost of vaccine
- People who have direct contact with someone with hepatitis A
- People living homeless or in transient living
- People who use recreational drugs (injection or non injection)
- Men who have sex with men

The hepatitis A vaccine is also available to anyone who does not qualify for free vaccine. Central District Health will bill insurance.



MAKE A VACCINE APPOINTMENT
208-327-7400
More info: cdhd.idaho.gov