

# 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.

Pale or clay colored

Dark-colored urine

• Joint pain

stool

• Fever

• Tired

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.



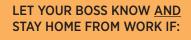
## **SYMPTOMS**

- Stomach pain
- Nausea and vomiting
- Yellow skin or eyes (jaundice)
- Diarrhea •
- Loss of appetite •

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



- You're experiencing any of the symptoms mentioned
- You've seen a health care. provider because vou 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

Cough, sneeze or use a handkerchief or tissue

Handle dirty equipment or utensils

clean hands and arms

Use tobacco, eat or drink

Use the restroom



#### 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