

# Hepatitis A

## Health warning for food workers

### Hepatitis A is spreading among people living in Washington.

**What is it?** Hepatitis A is a virus that spreads easily through food.

It can cause severe liver damage.



### How does it spread?

Hepatitis A germs are in the poop of a person with hepatitis A.

If the person does not wash their hands thoroughly with soap and warm water after using the toilet—or if they touch ready to eat food with bare hands—the germs spread onto things they touch.



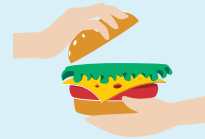
Working with food when sick.



Germs from poop.



Not washing hands thoroughly with soap and warm water.

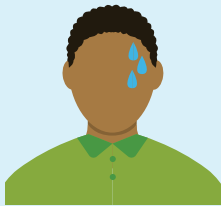


Touching ready to eat food with bare hands.



Contaminated food.

### What are the symptoms?



Fatigue, fever.



Nausea, stomach pain, vomiting, no appetite, dark pee, pale poop and diarrhea.



Jaundice (yellow skin and eyes).

### Prevent hepatitis A.



Get the shot.



Do not work with food when you are sick.



Wash your hands.



Do not touch ready to eat food with bare hands.

### How to get help

If you think you have hepatitis A, go to your healthcare provider or the emergency room.

Talk to your healthcare provider about getting the hepatitis A shot.

Most pharmacies offer the hepatitis A shot.

For more information, visit [tpchd.org/hepatitisa](http://tpchd.org/hepatitisa) or call (253) 649-1500.