



CRAWFORD COUNTY
501 Norway Street
Suite #1
Grayling, MI 49738
(989) 348-7800

KALKASKA COUNTY
625 Courthouse Drive
Kalkaska, MI 49646
(231) 258-8669

LAKE COUNTY
5681 S. M-37
Baldwin, MI 49304
(231) 745-4663

MANISTEE COUNTY
385 Third Street
Manistee, MI 49660
(231) 723-3595

MASON COUNTY
916 Diana Street
Ludington, MI 49431
(231) 845-7381

MECOSTA COUNTY
14485 Northland Drive
Big Rapids, MI 49307
(231) 592-0130

MISSAUKEE COUNTY
6180 W. Sanborn Road
Suite #1
Lake City, MI 49651
(231) 839-7167

NEWAYGO COUNTY
PO Box 850
1049 Newell Street
White Cloud, MI 49349
(231) 689-7300

OCEANA COUNTY
3986 N. Oceana Drive
Hart, MI 49420
(231) 873-2193

WEXFORD COUNTY
521 Cobb Street
Cadillac, MI 49601
(231) 775-9942



www.dhd10.org



www.facebook.com/DHD10

HEPATITIS A

What is Hepatitis A?

Hepatitis A is an inflammation of the liver caused by the Hepatitis A Virus (HAV). The virus enters the body by ingestion. The bowel movement of a person with Hepatitis A is highly infectious. It is spread from person to person through poor handwashing, through sexual contact, and by eating/drinking contaminated food and water. The disease can vary from a mild illness lasting 1-2 weeks to a disabling disease lasting several months. Complications from Hepatitis A are rare, and recovery is often complete.

What are the signs and symptoms of Hepatitis A?

- Nausea
- Abdominal Pain
- Vomiting
- Diarrhea
- Fever
- Yellow Skin
- Yellow Eyes
- Lack of Appetite
- Dark Urine
- Fatigue/Tiredness
- Sore Muscles
- Headache

Symptoms of Hepatitis A usually occur 2-6 weeks after exposure, averaging at 28-30 days. A person with Hepatitis A is very infectious 7-10 days before symptoms develop and is usually not infectious 7 days after the onset of jaundice (yellowing of the skin and eyes). Some individuals, especially children, do not develop symptoms. Sometimes symptoms can last up to six months. Even if there are no symptoms, individuals are still infectious and can spread the disease.

SEE A PHYSICIAN FOR MEDICAL TREATMENT

How can I prevent Hepatitis A?

- Obtain vaccination to prevent Hepatitis A
- Wash hands after bathroom use
- Cook shellfish thoroughly
- Wash hands after diaper changing
- Do not share eating utensils without thoroughly washing them after each
- Wash fruits and vegetables thoroughly
- Do not handle food if ill
- Maintain adequate refrigeration of foods
- Wash hands before and after handling food

Who should get Hepatitis A vaccine?

If you fall into any of the following groups, you should consult with your doctor or public health department about getting vaccinated against Hepatitis A:

- People who travel to or work in countries outside of the continental U.S
- Children 1 – 18 years of age should receive the Hepatitis A vaccine
- Men who have sex with men
- Street drug users
- People with chronic liver disease
- Hemophiliacs
- People working with Hepatitis A virus in an experimental lab setting
- People who have Hepatitis B or Hepatitis