

## DHD#10 ENCOURAGES INDIVIDUALS TO BE WARY OF HEPATITIS A WHILE TRAVELING THIS SUMMER

June 1, 2021 – Millions of Americans are currently living with viral hepatitis, and many do not know they are infected because they have not visited their local health care provider recently due to COVID-19.

Viral hepatitis is an infection that affects the liver. There are five different types of hepatitis, though hepatitis A, B, and C are the most prevalent in Michigan. According to the Centers for Disease Control and Prevention (CDC), these three types of hepatitis can be described as followed:

- **Hepatitis A** is a vaccine-preventable liver infection found in the stool and blood of infected people. It is highly contagious and typically spreads through eating food or drink contaminated with feces or from close, personal contact with an infected person such as certain types of sexual contact, using and sharing drug-injecting equipment, or caring for someone who is ill. Most people with hepatitis A do not have long-lasting illness.
- **Hepatitis B** is a vaccine-preventable liver infection that is spread when blood, semen, or other body fluids from an infected person enters the body of someone who is not infected by way of sexual contact, using and sharing drug-injecting equipment, or from mother to baby at birth. For many, hepatitis B is a short-term illness, but for others it can become a long-term, chronic infection that can be life-threatening.
- **Hepatitis C** is a liver infection spread through contact with blood from an infected person. Most people are infected by using and sharing drug-injecting equipment. For some it is a short-term illness, but for more than half of those with hepatitis C, it becomes a long-term, chronic illness. There currently is no vaccine for hepatitis C, but there are treatments if individuals get tested within the first 8 to 12 weeks of infection.

Over the past several years, Michigan has experienced one of its largest outbreaks of hepatitis A (HAV). With summer and peak traveling season around the corner, District Health Department #10 (DHD#10) encourages individuals to know the facts and take extra precautions to protect themselves against the spread of hepatitis A while on the road or at summer festivals and events. There are several ways to protect you and your community from hepatitis A including:

- Washing your hands after using the restroom and before eating or preparing meals.
- Using your own towels, toothbrushes, and eating utensils.
- Not having sex with someone who has an HAV infection.
- Not sharing food, drinks, drugs, or smokes with other people.
- If you think you may have hepatitis A, seek out an appointment with your health care provider or local DHD#10 office.
- If you have hepatitis A, please cooperate with local public health to protect the health of others.



### MEDIA CONTACT

Jeannine Taylor  
Public Information Officer  
O: 231-876-3823  
C: 231-920-4998  
E: jtaylor@dhd10.org



### COUNTIES SERVED:

Crawford  
Kalkaska  
Lake  
Manistee  
Mason  
Mecosta  
Missaukee  
Newaygo  
Oceana  
Wexford



[www.dhd10.org](http://www.dhd10.org)



[www.facebook.com/DHD10](https://www.facebook.com/DHD10)

The best and most effective way to protect and prevent the spread of hepatitis A is through vaccination. Schedule a vaccination appointment with your health care provider or call 888-217-3904 to get in contact with your local DHD#10 office!

While in the office, also ask about receiving the COVID-19 vaccine. At DHD#10, Pfizer (age 12+), Moderna (age 18+), and Johnson and Johnson (age 18+) are available, and clinics are held every Tuesday from 8:30am-6:20pm or Friday from 8:30am-4:30pm via walk-in or by appointment. If interested in scheduling a COVID-19 vaccine appointment, go to [www.dhd.org/schedule](http://www.dhd.org/schedule) or call 888-217-3904.

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