

WHAT IS HEPATITIS A?



Hepatitis A is a viral infection of the liver, which causes jaundice and is highly infectious.

How did I get it ?

From any of the following sources:

- From consuming contaminated food or water
- From close contact with another infected person
- From sharing food with an infected person
- From swimming in contaminated water

When did I get it ?

The illness usually occurs within 15 - 40 days of infection, and will be most infectious for 2 weeks before the onset of illness and for up to 7 days after the jaundice appears.

What are the signs and symptoms ?

- 'Tea' coloured urine
- Fever,
- Abdominal pain
- Loss of appetite
- Jaundiced skin and eyes
- Itching

How do I stop it spreading ?

- Wash hands thoroughly after going to the toilet, after changing baby's nappies and before preparing meals or eating
- Young children with the infection should have their hands washed for them or be supervised
- Thoroughly wash all crockery between uses
- Disinfect all areas in the toilet daily (including door handles)
- Infected persons should stay away from work until vomiting and diarrhoea have ceased
- If the infected person is a food handler, works as a health carer / nurse or is a child attending school or a nursery etc. further advice should be obtained.
- Read the accompanying leaflet for further guidance.

Where can I get more advice ?

- Your own General Medical Practitioner or a health specialist will be able to advise upon individual patient health care.
- You should inform your place of work or in the case of children, the head teacher of the school to find out if exclusion is necessary and when you can return.
- The investigating officer will also provide you with a more general leaflet on infection control and may be contacted on the number below for further advice if it is required.

**Merthyr Tydfil County Borough Council
Public Health Department
Civic Centre
Castle Street
Merthyr Tydfil
CF47 8AN**

Contact Numbers:

Susan Gow	725260
Sarah Larkin	725383
Sarah Hopkins	725029
Sian Rapson	725338
Zoe Pieris	725482