**Hepatitis A**

<table>
<thead>
<tr>
<th>Sources</th>
<th>Raw or undercooked shellfish from contaminated waters, raw produce, contaminated drinking water, uncooked foods, and cooked foods that are not reheated after contact with an infected food handler.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Incubation period</td>
<td>28 days average (ranges from 15 to 50 days)</td>
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<tr>
<td>Symptoms</td>
<td>Diarrhea, dark urine or light-colored stools, jaundice, fever, fatigue, nausea, joint pain, stomach pain, upset stomach, and loss of appetite.</td>
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<tr>
<td>Duration of illness</td>
<td>Symptoms usually last less than 2 months, although some people can be ill for as long as 6 months.</td>
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<tr>
<td>What to do</td>
<td>See your doctor if you have signs or symptoms of hepatitis A or think you may have been exposed to the virus.</td>
</tr>
</tbody>
</table>
| Prevention | - Avoid eating raw oysters or other raw or undercooked shellfish.  
- Wash hands frequently with soap and running water for at least 20 seconds, particularly after using the bathroom, after changing diapers, and before, during, and after preparing food.  
- Vaccination is the best way to prevent hepatitis A. Hepatitis A vaccination is recommended for:  
  - All children at age 1 year  
  - People with direct contact with others who have hepatitis A  
  - People with chronic or long-term liver disease  
  - People with clotting-factor disorders  
  - Travelers to countries where hepatitis A is common  
  - Men who have sexual encounters with other men  
  - People who use or inject drugs |
People experiencing homelessness

Date Last Reviewed March 22, 2021