

## [Hepatitis A](#)

<b>Sources</b>	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.
<b>Incubation period</b>	28 days average (ranges from 15 to 50 days)
<b>Symptoms</b>	Diarrhea, dark urine or light-colored stools, jaundice, fever, fatigue, nausea, joint pain, stomach pain, upset stomach, and loss of appetite.
<b>Duration of illness</b>	Symptoms usually last less than 2 months, although some people can be ill for as long as 6 months.
<b>What to do</b>	See your doctor if you have signs or symptoms of hepatitis A or think you may have been exposed to the virus.
<b>Prevention</b>	<ul style="list-style-type: none"><li>• Avoid eating raw oysters or other raw or undercooked shellfish.</li><li>• 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.</li><li>• Vaccination is the best way to prevent hepatitis A. Hepatitis A vaccination is recommended for:<ul style="list-style-type: none"><li>◦ All children at age 1 year</li><li>◦ People with direct contact with others who have hepatitis A</li><li>◦ People with chronic or long-term liver disease</li><li>◦ People with clotting-factor disorders</li><li>◦ Travelers to countries where hepatitis A is common</li><li>◦ Men who have sexual encounters with other men</li><li>◦ People who use or inject drugs</li><li>◦ People experiencing homelessness</li></ul></li></ul>

