# Hepatitis A

**Sources**
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.

**Incubation period**
28 days average (ranges from 15 to 50 days)

**Symptoms**
Diarrhea, dark urine or light-colored stools, jaundice, fever, fatigue, nausea, joint pain, stomach pain, upset stomach, and loss of appetite.

**Duration of illness**
Variable, from 2 weeks to 6 months.

**What to do**
See your doctor if you have signs or symptoms of hepatitis A or think you may have been exposed to the virus.

**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