## 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 homelessness |