



Easy Tips to

Fight Hepatitis A

in San Diego

Father Joe's Villages



EDUCATE

A hepatitis A infection is entirely preventable if the right steps are taken. It's important to recognize the symptoms of hepatitis A for early detection and treatment and to prevent the spread of hepatitis A using basic hygiene practices.



What is hep A?

Hepatitis A is a virus spread person-to-person through a "fecal-oral" route.



How is it transmitted?



It's spread person-to-person through contact with fecal contamination, like touching objects or eating food contaminated by the fecal matter of someone with a hepatitis A virus infection.



What are the symptoms?

Symptoms include fever, loss of appetite, fatigue, nausea, dark urine, pale stools, yellowing of the eyes (jaundice), stomach pain, vomiting and diarrhea.



PREVENT

While hepatitis A is typically a mild illness, it is highly contagious. It's important that we prevent the spread of hepatitis A, especially to protect more vulnerable populations, such as people over 50 and people with chronic liver conditions.



GET
VACCINATED



WASH YOUR
HANDS*



AFTER USING
THE BATHROOM



BEFORE
PREPARING AND
EATING FOOD



BEFORE AND
AFTER CARING
FOR SOMEONE
AT RISK

*If using sanitizer, you must use non-alcohol sanitizer to fight the virus. However, hand washing is most effective.



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RESOURCES

If you are at risk of contracting hepatitis A, Father Joe's Villages can help you identify your resources.

SAN DIEGO DAY CENTER

Information, vaccinations, hygiene packets and more.

299 17th St, San Diego, CA 92101

VFHC - HEALTH CENTER/CLINIC

Vaccinations, health care, information and more.

1501 Imperial Ave, San Diego, CA 92101

HAND WASHING STATIONS

Find a full list at 211sandiego.org/resources/health-wellness/

FJV Campus Stations: Imperial & 15th St. 16th & L St.