Easy Tips to Fight Hepatitis A in San Diego

**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.

**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.