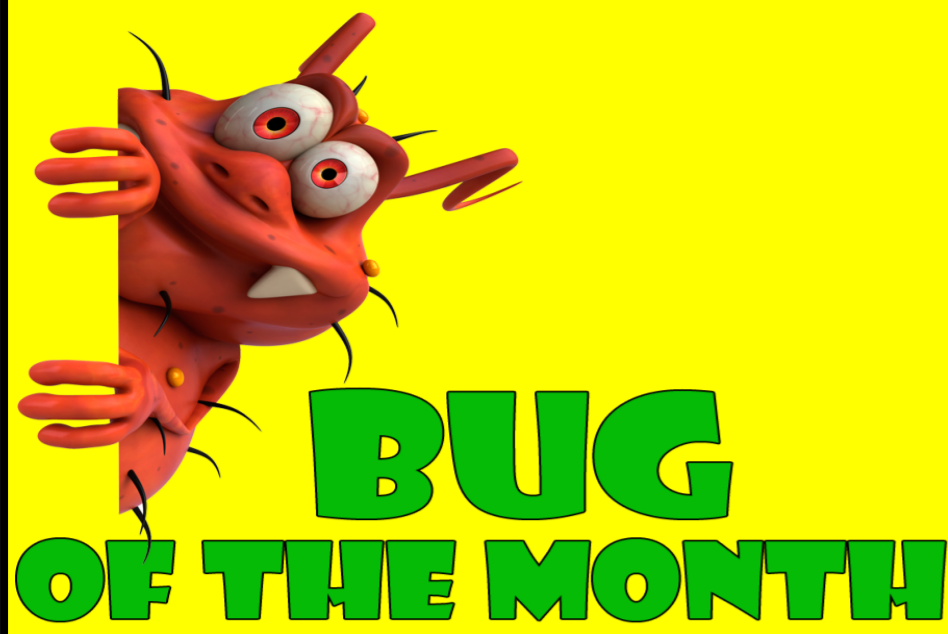


# For Staff /Patient Education



# Hepatitis A & E

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## What is it?

- Hepatitis virus types A, B, C, D and E cause infection and inflammation of the liver that can lead to severe disease and death.
- An estimated 20 MILLION people are infected with hepatitis E (HEV) and 1.4 MILLION with hepatitis A (HAV) every year.
- The risk is higher in rural areas of developing countries but you can catch it anywhere
- Some persons, with hepatitis A particularly young children, are asymptomatic. When symptoms are present, they usually occur abruptly and can include the following: fever, fatigue, loss of appetite, nausea, vomiting, abdominal pain, dark urine, clay-colored bowel movements, joint pain, jaundice.
- Hepatitis A symptoms usually last less than 2 months, although 10%–15% of symptomatic persons have prolonged or relapsing disease for up to 6 months. The average incubation period for Hepatitis A is 28 days (range: 15–50 days). The incubation period following exposure to the hepatitis E virus ranges from 3 to 8 weeks, with a mean of 40 days. The period of communicability is unknown.
- HAV can live outside the body for months, depending on the environmental conditions. The virus is killed by heating to >185 °F (>85 degrees °C) for one minute.
- The HEV causes acute sporadic and epidemic viral hepatitis. Symptomatic infection is most common in young adults aged 15–40 years. Although infection is frequent in children, the disease is mostly asymptomatic or causes a very mild illness without jaundice (anicteric) that goes undiagnosed.
- These Hepatitis infections are usually self-limiting, hospitalization is generally not required. However, hospitalization is required for people with fulminant hepatitis and should also be considered for symptomatic pregnant women.

## How is it spread?

- Spread by poor food hygiene, unsafe water and lack of sanitation
- It is usually transmitted by the fecal-oral route, either through person-to-person contact or consumption of contaminated food or water.

## Where is it found?

- Humans are the only natural host, although several nonhuman primates have been infected in laboratory conditions.

## Prevention and Control?

### Ways to protect yourself

- Hepatitis A vaccine is one of the most effective way to combat the disease.
- Improved sanitation - maintaining quality standards for public water supplies; only drink safe water
- Cook food well and eat it while it's hot. Avoid raw shellfish and raw meat
- Peel fruit and vegetables, wash salads in clean water.
- The risk of infection and transmission can be reduced by: establishing proper disposal systems to eliminate sanitary waste.
- On an individual level, infection risk can be reduced by: maintaining hygienic practices such as hand washing with safe water, particularly before handling food; avoiding drinking water and/or ice of unknown purity; adhering to WHO safe food practices.
- In 2011, the first vaccine to prevent hepatitis E infection was registered in China. Although it is not available globally, it could potentially become available in a number of other countries.

### For more information contact:



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### Source:

<http://www.who.int/campaigns/hepatitis-day/2015/en/>



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