

# IMPORTANT HEPATITIS A INFORMATION FOR FOOD EMPLOYEES

## MICHIGAN IS EXPERIENCING A HEPATITIS A OUTBREAK

### What is hepatitis A?

Hepatitis A is a very contagious disease that attacks the liver. An infected person can infect others up to two weeks before they feel sick, and sometimes up to a week after they feel better. Not everyone who is infected will have all the symptoms listed below. Symptoms usually start within 28 days of exposure to the virus, with a range of 15-50 days.

### Symptoms:

- Jaundice (yellowish skin and whites of eyes)
- Diarrhea
- Loss of appetite
- Stomach pain
- Pale or clay colored stool
- Fever
- Fatigue/tired
- Nausea and vomiting
- Dark-colored urine



### What do I need to do if I have been exposed to hepatitis A or I am sick with symptoms?

1. If you are sick with symptoms, **DO NOT GO TO WORK**. See your doctor immediately.
2. Tell your manager right away if:
  - You have any symptoms listed above.
  - You have been diagnosed with hepatitis A.
  - A person living in your household or someone you have had close personal contact with has been diagnosed with a hepatitis A infection within the past 30 days.
3. You should receive a hepatitis A vaccine within 14 days of being exposed if you have not yet become ill with symptoms.
4. Call Tuscola county Health Department at 989-673-1709 or 989-673-1680

### How is hepatitis A spread?

- Usually by putting something in your mouth that has been contaminated with the feces (poop) of a person with hepatitis A.
- By sharing towels, toothbrushes or eating utensils, or having sex with someone who is infected.
- May be spread by food, drinks, drugs or cigarettes that have been handled by an infected person.

### How do I help prevent the spread of illness?

1. Do not touch ready-to-eat foods with your bare hands.
2. Follow all safe food handling requirements, including hand-washing with warm, soapy water for 20 seconds, in any of the following instances:
  - Immediately before preparing food or working with non-prepackaged food, clean equipment and utensils, including take out containers or utensils.
  - After touching bare human body parts other than clean hands and clean, exposed portions or arms.
  - After using the restroom.
  - After handling dirty equipment or utensils
  - When switching between working with raw food and working with ready-to-eat food.
  - After coughing, sneezing, using a handkerchief or disposable tissue, using tobacco, eating or drinking.
  - Before putting on disposable gloves to start working with food.
  - During food preparation, as often as necessary to remove dirt and contamination; and when changing jobs, to prevent cross-contamination.
  - Before dispensing or serving food, or handling clean tableware and serving utensils in the food service area.

**WHEN IN DOUBT, WASH YOUR HANDS!**  
Hand washing is your best defense against foodborne illness and many infectious diseases.



# Hepatitis A Vaccine – GET IT NOW!

You can get Hepatitis A by putting something in your mouth that has been contaminated with the poop of a person with hepatitis A. To avoid getting the disease or spreading it to friends and family, consider getting your Hep A vaccine.



Hep A infected drug dealer stores drugs in contaminated areas



Contaminated drugs are now in the hands of the user



User's contaminated hands touch food. The user is now at risk for Hep A

One dose of the Hepatitis A vaccine is 95% effective at preventing disease, hospitalization, or death

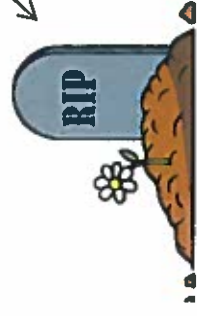


Infected with Hep A

80%



3%




**TCHD**

Tuscola County Health Department  
1309 Cleaver Road, Suite B, Caro, MI 48723  
989-673-8116  
[www.tchd.us](http://www.tchd.us)

# Are you at risk for Hepatitis A?

People who are at high risk include:

- Men who have sex with men (MSM)
- People who use illegal drugs
- People currently homeless or in transient living
- People recently in jail or prison
- People with underlying liver disease\* 

\*Note: people with underlying liver disease (e.g., cirrhosis, hepatitis B, or hepatitis C) are at increased risk of having poor outcomes if they are infected with hepatitis A.

The best way to protect against hepatitis A is to get the hepatitis A vaccine.

**The Tuscola County Health Department is offering FREE vaccine to those who are at risk for infection and who have no insurance. We will also bill insurances. Locations available in Caro, Cass City & Vassar.**

**Call 989-673-8116 or 989-673-1680 to schedule an appointment.**

Tuscola County Health Department  
1309 Cleaver Road  
Caro, MI 48723