

IMPORTANT HEPATITIS A INFORMATION FOR FOOD SERVICE EMPLOYEES

Please review with employees and post where employees can read for easy reference.

MECKLENBURG COUNTY IS EXPERIENCING A HEPATITIS A OUTBREAK.

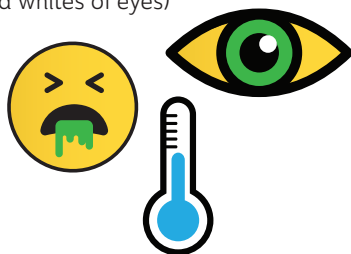
Take steps to protect yourself and prevent the spread of hepatitis A: Wash your hands and get vaccinated.
Visit meckhealth.org or call 980.314.9400 for more information.

What is hepatitis A?

Hepatitis A is a very contagious liver infection. 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 (yellowing 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?

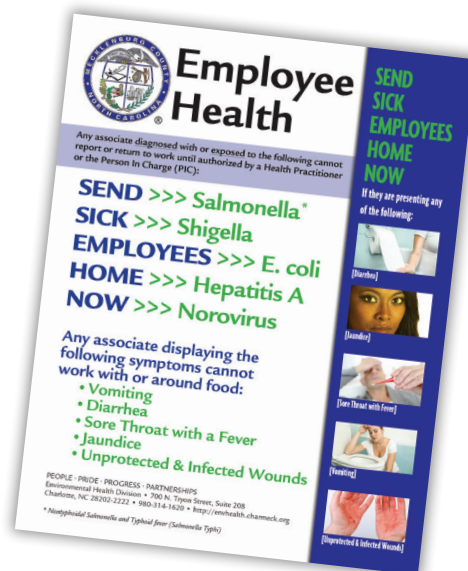
- If you are sick with symptoms, **DO NOT GO TO WORK. See your doctor immediately.**
- Tell your manager right away if:
 - You have any symptoms listed above.
 - You have been diagnosed with hepatitis A.
 - A person living in your household or someone you have had close personal contact with has been diagnosed with a hepatitis A infection within the past 30 days.
- You should receive a hepatitis A vaccine within 14 days of being exposed if you have not yet become ill with symptoms.
- **If you don't have health insurance, call Mecklenburg County Public Health at 980-314-9400 or visit meckhealth.org for information on free or low-cost vaccinations.**

How is it 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, 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?

- Do not touch ready-to-eat foods with your bare hands
- Wash your hands and exposed portions of your arms after engaging in activities that contaminate the hands.
- Follow your Employee Health Policy



GET VACCINATED

WHEN IN DOUBT, WASH YOUR HANDS!

Hand washing is your best defense against foodborne illness and many infectious diseases.



For more information on hepatitis A visit meckhealth.org