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

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

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.

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