

PROTECT YOURSELF AND
PREVENT THE SPREAD OF

HEPATITIS A

Mecklenburg County is in the midst of a hepatitis A outbreak. Hepatitis A is a serious liver infection that can be easily spread by putting something in your mouth that has been contaminated with the feces (poop) of a person with hepatitis A. It is usually spread when people do not wash their hands after using the restroom or changing a diaper or before making food and drinks. It also spreads by sharing towels, toothbrushes or eating utensils, or having sex with or caring for someone who is infected.

The best way to help stop the spread of hepatitis A is to wash your hands and get vaccinated.

Wash Your Hands



1. WET your hands with clean, running warm water and apply soap.

2. LATHER your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.

3. SCRUB your hands for at least 20 seconds.

4. RINSE your hands well under clean, running warm water.

5. DRY your hands using a clean towel or air dry them.

**Alcohol based hand sanitizers are not effective against the hepatitis A virus.*

The best way to protect yourself and prevent the spread is to get the hepatitis A vaccine and wash your hands. Talk to your regular healthcare provider about getting vaccinated. Contact Public Health if you need help paying for a vaccine or to see if you qualify for a free vaccine.



For more information: meckhealth.org | 980.314.9400