

# Hepatitis A

## HEALTH ALERT FOR GAY AND BI- AND OTHER MEN WHO HAVE SEX WITH MEN

### 3 THINGS TO KNOW ABOUT HEPATITIS A

- Hepatitis A (hep A) has been spreading among gay, bi- and men who have sex with men in King County and across the U.S. and in Europe.
- Hepatitis A can cause severe liver disease that can last for months. On rare occasions, it can lead to liver failure and death.
- A hepatitis A vaccine can prevent you from getting hepatitis A.

### HEPATITIS A SPREADS EASILY

Many people don't know they have hepatitis A so they spread it without knowing. The virus spreads when tiny, undetectable amounts of feces (poop) get into your mouth. You can get it from:



Having *any* kind of sexual activity with someone who has hepatitis A (not just oral sex)



Sharing needles, pipes, or other items to take drugs



Swallowing food or drink contaminated with the virus or touching contaminated objects and then putting your hands in your mouth

### HOW CAN YOU PREVENT HEPATITIS A?



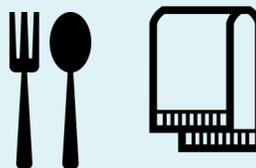
#### Get 2 shots of hepatitis A vaccine.

You can get hepatitis A shots from your doctor or clinic. Most pharmacies offer the hep A shots if you have an insurance card.

[kingcounty.gov/hepA/alert](http://kingcounty.gov/hepA/alert)



Don't share food, drinks, needles, or smokes with other people.



Don't share personal items like sex toys, towels and utensils.



Don't have sex with someone who has hepatitis A. Condoms and other measures to prevent STDs do not prevent hep A.

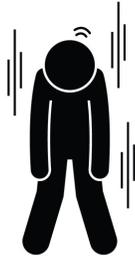


Wash your hands with soap and water after using the toilet and before you cook or eat.

## SYMPTOMS OF HEP A



Fever



Fatigue



Nausea



No appetite



Jaundice  
(yellowing of eyes & skin)



Stomach



Vomiting



Dark pee, pale  
poop, and  
diarrhea

Some people with hep A don't have any symptoms and people with hepatitis A can spread the virus to others up to 2 weeks *before* symptoms begin.

## WHEN TO GET MEDICAL HELP

If you think you might have hepatitis A, see your doctor.

More information on hepatitis A and where to get vaccinations:

[www.kingcounty.gov/hepA/alert](http://www.kingcounty.gov/hepA/alert)

Public Health  
Seattle & King County

