



UK Health
Security
Agency

Hepatitis A

Hepatitis A is a vaccine-preventable liver infection caused by the hepatitis A virus (HAV).

It can be easily spread between people. Symptoms of hepatitis A may include fatigue (tiredness), nausea (feeling sick), have stomach pain and jaundice (yellow eyes/skin) and can last up to two months but most people with hepatitis A do not have a long-lasting illness. Older people and those with health problems, like liver disease, are more at risk of getting sick from hepatitis A. You can have vaccinations to protect you from hepatitis A.

Hepatitis A can be passed on by:



Drinking or eating
contaminated fluids or food



Close contact with someone
with hepatitis A

What are the symptoms?



Fever, tiredness and being off your food



Feeling sick or nauseous



Yellow eyes or skin



Dark pee, pale poop or diarrhoea

If you have any symptoms, stay inside – don't go to work, school or visit friends and family:



If you do get sick then you should:



Get plenty of rest and eat small, light meals to avoid feeling sick



Practise good hygiene, such as washing your hands with soap and hot water regularly



Avoid alcohol to reduce the strain on your liver



Stay home to avoid passing it on to other people as it spreads through contact

I have been in contact with someone with hepatitis A



Seek medical attention and tell them if you have been in contact with someone with hepatitis A.

Tell them you have this flyer, you can show it to them to help make sure you get the treatment you need.



You may be offered a vaccine to protect you from hepatitis A



If your symptoms get worse though, then you should give the NHS 111 number a call or speak to your GP.