



UK Health
Security
Agency



Hepatitis A vaccination:

What you need to know if you're travelling outside the UK



Going somewhere familiar outside the UK? Hepatitis A virus may be more common in that country.

You and your child may not be protected against this virus. You can speak to your health professional about how to get the free hepatitis A vaccine so you are protected before your trip.

About hepatitis A

Hepatitis A is an infectious disease that affects the liver. There is no treatment for it, but most people get better within 6 months. In rare cases, some people may get serious liver disease. Vaccination and good hygiene are the best way to avoid getting infected.

Why should I or my child have the hepatitis A vaccine before we travel?

- You may not be protected from the virus, even if you have visited there before or if you are staying with family or friends.
- The vaccine is safe and helps to protect you and your child from catching the virus.
- The vaccine also stops the spread of the virus to other people.

How can we get the hepatitis A vaccine?

You can speak to your health professional about getting the hepatitis A vaccine if you plan on travelling abroad. Getting the vaccine is free and confidential. If you go to a travel clinic to get the vaccine, you may need to pay for it.

If you do not have a health professional at the moment, call the NHS on 111 to ask them how to get your hepatitis A vaccine from a GP. You will need to get 2 doses of the vaccine for the best lifelong protection:

1ST DOSE

get the hepatitis A
vaccine ideally 2 weeks
but up to 1 day before
you travel

2ND DOSE

get the second
dose 6 to
12 months after
the first dose

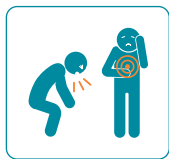
Symptoms of hepatitis A include:



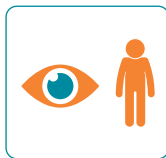
a high temperature



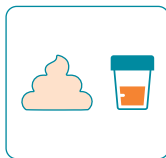
flu-like symptoms



sickness



jaundice (yellowing of the skin and the whites of the eyes)



grey poo or dark brown pee

Some children show no symptoms but can still infect others.

How you get infected

You can get hepatitis A from:



drinking unclean water



eating contaminated food



close physical contact with an infected person



7 days

You are most likely to pass on the virus for 7 days after your symptoms start.



Prevent the spread

Wash your hands with soap and water:



after going to the toilet



before eating or preparing meals



after dealing with dirty nappies or sick people and their clothing

Learn more about hepatitis A

Visit the NHS website for more information about hepatitis A and its symptoms at **www.nhs.uk/conditions/hepatitis-a** or scan the QR code.



You should speak to your health professional if you or your child experience symptoms of hepatitis A infection.

Get vaccinated. Travel safely.



- ✓ **hepatitis A vaccine**
- ✓ **passport**
- ✓ **boarding pass**

If you do not have a health professional at the moment, call the NHS on 111 to get advice.

