# Hepatitis A Virus Alert for Food Workers

## Symptoms
- Stomach pain
- Nausea and vomiting
- Yellow skin or eyes (jaundice)
- Diarrhea
- Loss of appetite
- Joint pain
- Pale or clay colored stool
- Fever
- Tired
- Dark-colored urine

## At-risk people:
- Are in close contact, care for or live with someone who has hepatitis A.
- Use injection or non-injection drugs.
- Are homeless or in temporary housing.
- Have recently been incarcerated.
- Are men who have had sex with other men.
- Have recently visited a country where the virus is common.
- Are having sex with someone who has the virus.

## Symptoms usually start 2–7 weeks after infection and last less than 2 months. Some people can be sick for up to 6 months.

You can have hepatitis A for up to 2 weeks without feeling sick, but during that time, you can spread it to others.

## Wash your hands with soap and warm, running water for 20 seconds:

**BEFORE YOU**
- Put on disposable gloves.
- Prepare food.
- Switch between working with raw food and working with ready-to-eat food.
- Work with food that isn’t packaged.
- Change kitchen tasks.
- Handle or serve food.
- Handle clean tableware and utensils.
- Handle take-out containers or utensils.
- Clean equipment.

**AFTER YOU**
- Touch bare human body parts other than clean hands and arms.
- Use the restroom.
- Handle dirty equipment or utensils.
- Cough, sneeze or use a handkerchief or tissue.
- Use tobacco, eat or drink.

## The vaccination is safe & effective.
- If you’re at risk, get vaccinated.
- The vaccine is given as 2 shots, 6 months apart. You need both shots for the vaccine to work long-term.

For more information, call the hepatitis A information line, Mon.–Fri., 8 a.m.–5 p.m., toll free: 1-844-CALL-DOH (1-844-225-5364). Email: HepA@flhealth.gov.

Learn more: FloridaHealth.gov/HepA CDC.gov/Hepatitis Immunize.org/Hepatitis-A

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**Hepatitis A is contagious.**

Hepatitis A virus is in the poop of people who have the virus. If a person with the virus doesn’t wash his or her hands after going to the bathroom, poop can transfer to people, objects, food and drinks.

### Staying home from work.

If you have some symptoms and a close friend, relative or roommate who has been diagnosed within the past 30 days, see a health care provider immediately.

**LET YOUR BOSS KNOW IF:**
- You’re seeing a health care provider because you have symptoms.
- You’ve seen a health care provider because you have hepatitis A.

**DON’T TOUCH:**
- Food, drinks, drugs or cigarettes that have been handled by a person with the virus.

**DON’T SHARE:**
- Towels, toothbrushes or eating utensils.

**DON’T USE:**
- Alcohol-based hand sanitizers

**DON’T KILL HEPATITIS A GERMS!**

**ALCOHOL-BASED HAND SANITIZERS DON’T KILL HEPATITIS A GERMS!**

### Don’t spread hepatitis A outside of work.

- Are in close contact, care for or live with someone who has hepatitis A.
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- Are men who have had sex with other men.
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### Don’t spread hepatitis A at work.

- Tobacco, eat or drink.
- Cough, sneeze or use a handkerchief or tissue.
- Use dirty equipment or utensils.
- Touch bare human body parts other than clean hands and arms.
- Use the restroom.
- Handle dirty equipment or utensils.
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### Avoid sexual contact.

Sexual activity can spread hepatitis A—people with the virus should avoid sexual contact.

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