

Hepatitis A: What food workers should know

Hepatitis A is a serious liver disease that can spread from one person to another and cause you to miss up to 6 weeks of work!

Hepatitis A spreads by:

- not washing your hands well
- eating or drinking things contaminated with hepatitis A
- having sex with a partner who has hepatitis A
- using illegal drugs
- living with someone who has hepatitis A

YOU can help stop hepatitis A and other diseases from spreading!



Wash your hands well:

- after using the bathroom
- before going into the kitchen to work
- before making, touching, serving or eating food, even if you wear gloves at work.

Stay home when sick for at least 48 hours if you've had:

- vomiting
- diarrhea
- your stomach hurts or you don't feel like eating
- fever
- yellow skin or eyes
- dark pee or light poop
- a cut or wound with pus on exposed skin (not a symptom of hepatitis A)



Get a hepatitis A vaccine if you:

- want to protect yourself from hepatitis A
- live with someone who has hepatitis A
- travel to other countries, especially developing countries
- use illegal drugs
- are a man who has sex with other men

Wash your hands well

Wear gloves when touching ready-to-eat foods