

# Hepatitis A and Food Service Workers

## WHAT YOU NEED TO KNOW TO KEEP YOU AND YOUR CUSTOMERS HEALTHY

Hepatitis A is a highly contagious liver infection spread by contaminated food or water.

### Symptoms of Hepatitis A include:

- Nausea
- Vomiting
- Fever
- Joint pain
- Fatigue
- Loss of appetite
- Abdominal Pain
- Dark urine/or gray-colored stools
- Yellowing of the skin or eyes (Jaundice)

Hepatitis A lives in the stool of an infected person and is transmitted to food or objects when hands are not washed after using the restroom.



### When in doubt, wash your hands!

Hand washing is your best defense to protect yourself and others against food borne illness and other infectious diseases.



**Wear Gloves when prepping/handling food.**

### What Can You Do?

**You can spread the Hepatitis A virus to others up to 2 weeks before symptoms appear. To prevent the spread:**

- Wear gloves when prepping/handling food
- Wash your hands-before and after preparing food
- Wash your hands after using the bathroom
- Get vaccinated to protect against Hepatitis A

**\*\*If you have symptoms DO NOT GO TO WORK.** See your doctor immediately. Report your symptoms to your manager as soon as possible.

For more information on Hepatitis A, visit  
<https://www.dhhs.nh.gov/dphs/cdcs/hepatitisa/hepa-nh.htm>