

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>