

Hepatitis A

H.E.R.O.
Health and Education Reform Order



Epidemiology of Hepatitis A

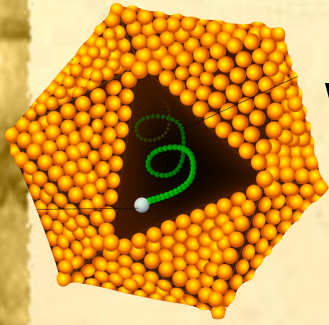
- Hepatitis A is endemic to the Philippines

- January - December 2017
 - ✓ 444 cases with 1 death
 - ✓ Case Fatality Rate 0.23%



- 7,134 deaths worldwide in 2016





What is Hepatitis A?

- It is a highly contagious infection resulting to inflammation of the liver
- It is caused by the Hepatitis A virus
- When inflamed, liver function may be affected
- The Hepatitis A virus is one of the most frequent causes of food borne infections





Risk Factors for Hepatitis A

- Lack of safe water
- Poor sanitation
- Living in a household with an infected person
- Sexual partner of someone with acute hepatitis A infection
- Use of recreational drugs
- Sex between men
- Travel to areas of high endemicity
unvaccinated

How does one get infected with Hepatitis A?

- The virus is found in the stool and blood of infected people
- The hepatitis A virus is spread when someone ingests the virus, usually through:
 - ✓ Food or water contaminated with feces from an infected person (fecal-oral route)
 - ✓ Close physical contact (sexual contact, caring for Hep A patients)



You cannot get Hepatitis A from:

- ◉ Being coughed or sneezed on
- ◉ Sitting next to an infected person
- ◉ Hugging
- ◉ From breast milk



Signs and Symptoms

- ◉ Fever
- ◉ Fatigue
- ◉ Loss of appetite
- ◉ Nausea
- ◉ Vomiting
- ◉ Abdominal pain
- ◉ Dark urine
- ◉ Diarrhea
- ◉ Clay-colored stools
- ◉ Joint pain
- ◉ Jaundice (yellowing of skin and eyes)
- ◉ Itchiness

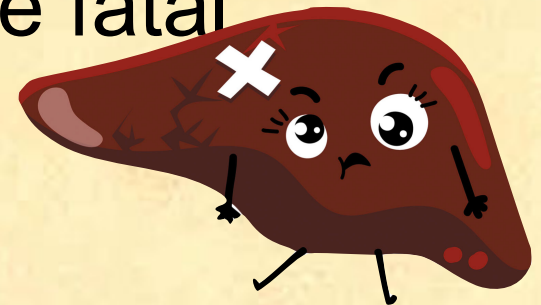
Treatment

- ◉ There is **NO** specific treatment
- ◉ Management is supportive
 - ✓ Goals: maintain comfort, adequate nutritional balance and replacement of lost fluids from vomiting and diarrhea
- ◉ Hospitalization not indicated in most cases



Complications

- Hepatitis A does not cause chronic liver disease
- Almost everyone recovers with lifelong immunity... **HOWEVER**
- It can cause FULMINANT HEPATITIS (ACUTE LIVER FAILURE) which can be fatal



Duration of Symptoms

- Less than 2 months, 0-15% can have symptoms for as long as 6 months
- Many people, specially children, have **NO** symptoms
- Infected persons can transmit the virus up to **2** WEEKS before and up to **3** WEEKS after symptoms appear



Prevention

- Improved sanitation, food safety and immunization

- ✓ Adequate supplies of safe drinking water



- ✓ Proper disposal of sewage within communities



✓ Personal hygiene practices such as regular handwashing before meals, before preparing food and after going to the bathroom



✓ Cooking food thoroughly



○ Hepatitis A vaccination

