



HEPATITIS A INFECTION OVERVIEW

WHAT IS HEPATITIS?



- Hepatitis means inflammation of the liver
- Hepatitis is most often caused by multiple types of viruses.
 - In the United States, the most common types of viral hepatitis are hepatitis A, hepatitis B, and hepatitis C.
- Heavy alcohol use, toxins, some medications and certain medical conditions can also cause hepatitis
- Can be temporary (acute) or long term (chronic) depending on whether it lasts more or less than 6 months



- Hepatitis A can be easily spread from person to person
- It usually develops 2-7 weeks after infection (4 weeks on average)
- Can cause liver disease lasting a few weeks to a serious illness lasting several months
- Can cause death in some cases

HEPATITIS A OVERVIEW



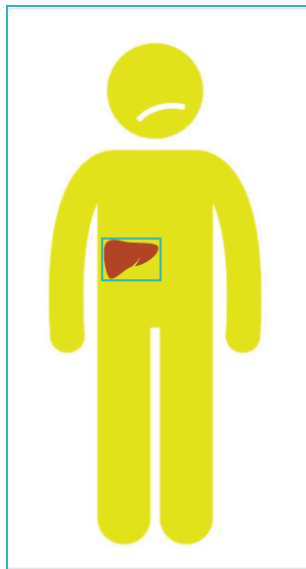
- The hepatitis A virus can live on surfaces for months, depending on the environment
- The virus can be killed by heating to over 185 degrees (over 85 degrees C) for one minute
- Adequate chlorination of water kills any hepatitis A virus that enters the water supply





Ingestion of fecal matter (poop), even in tiny amounts from:

**Touching objects
or eating food that
someone with a
Hep A infection
handled**



**Close person-to-
person contact
with an infected
person**

**Use of recreational
drugs, whether
injected or not**

**Sexual contact
with someone who
has a hepatitis A
infection**

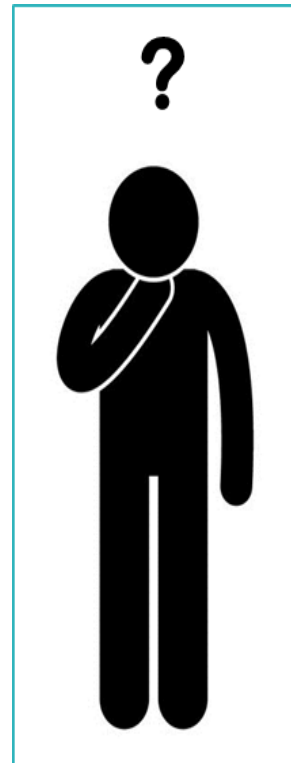
HOW CONTAGIOUS IS IT?



A PERSON INFECTED WITH HEPATITIS A:

May be contagious up to 2 weeks before jaundice (yellowing of skin or eyes) or other symptoms appear and up to 1 week afterwards

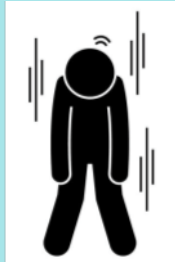
A person can spread the virus without realizing it



WHAT ARE THE SYMPTOMS?



Fever



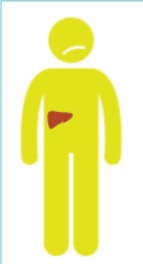
Fatigue



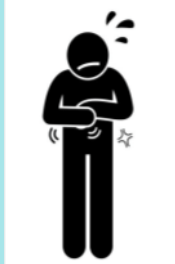
Nausea



Loss of Appetite



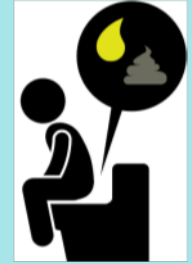
Jaundice



Stomach Pain



Vomiting

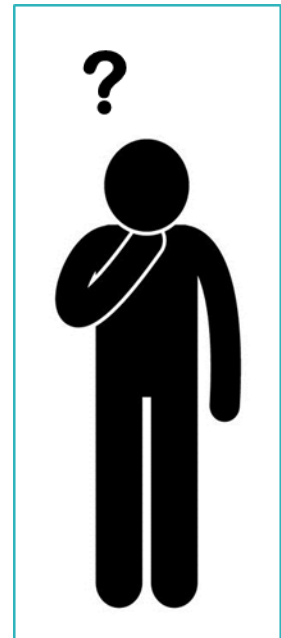


**Dark Urine, Pale
Stools, and
Diarrhea**

WHO IS TYPICALLY AT RISK?



- Men who have sex with men
- Users of illegal drugs
- Travelers to certain countries
- Persons with chronic liver disease
- Persons with clotting factor disorders
- People in close personal contact with adopted children from countries where hepatitis A is common



RECOMMENDED GROUPS SPECIFIC TO SAN DIEGO



- Homeless persons and/or those with unstable living conditions
- Users of illicit drugs
- Gay and bisexual men and men who have sex with men
- Persons with chronic liver disease such as cirrhosis, hepatitis B or hepatitis C
- Persons with close, ongoing contact with homeless persons and/or illicit drug users or their environment via employment or regular volunteer activities
- Food handlers catering to adult populations

HOW IS IT DIAGNOSED?



- A doctor can diagnose hepatitis A by reviewing clinical symptoms
- Lab tests can confirm the liver is inflamed and special lab tests look for viruses, like hepatitis A



HOW IS IT TREATED?



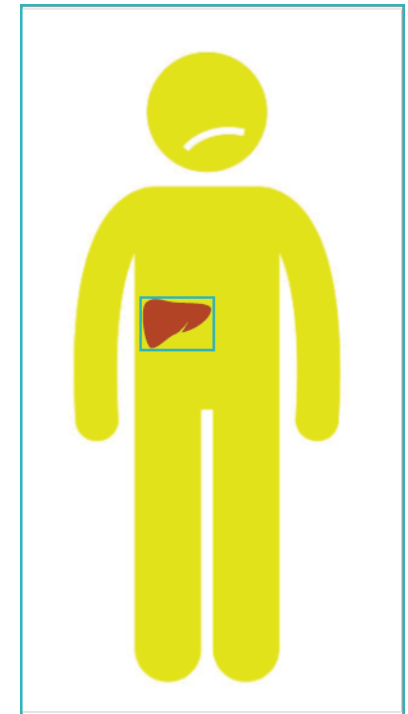
- There is no medicine or cure
- Supportive care, such as fluids, rest, and nutrition, is needed
- Hospitalization may be required



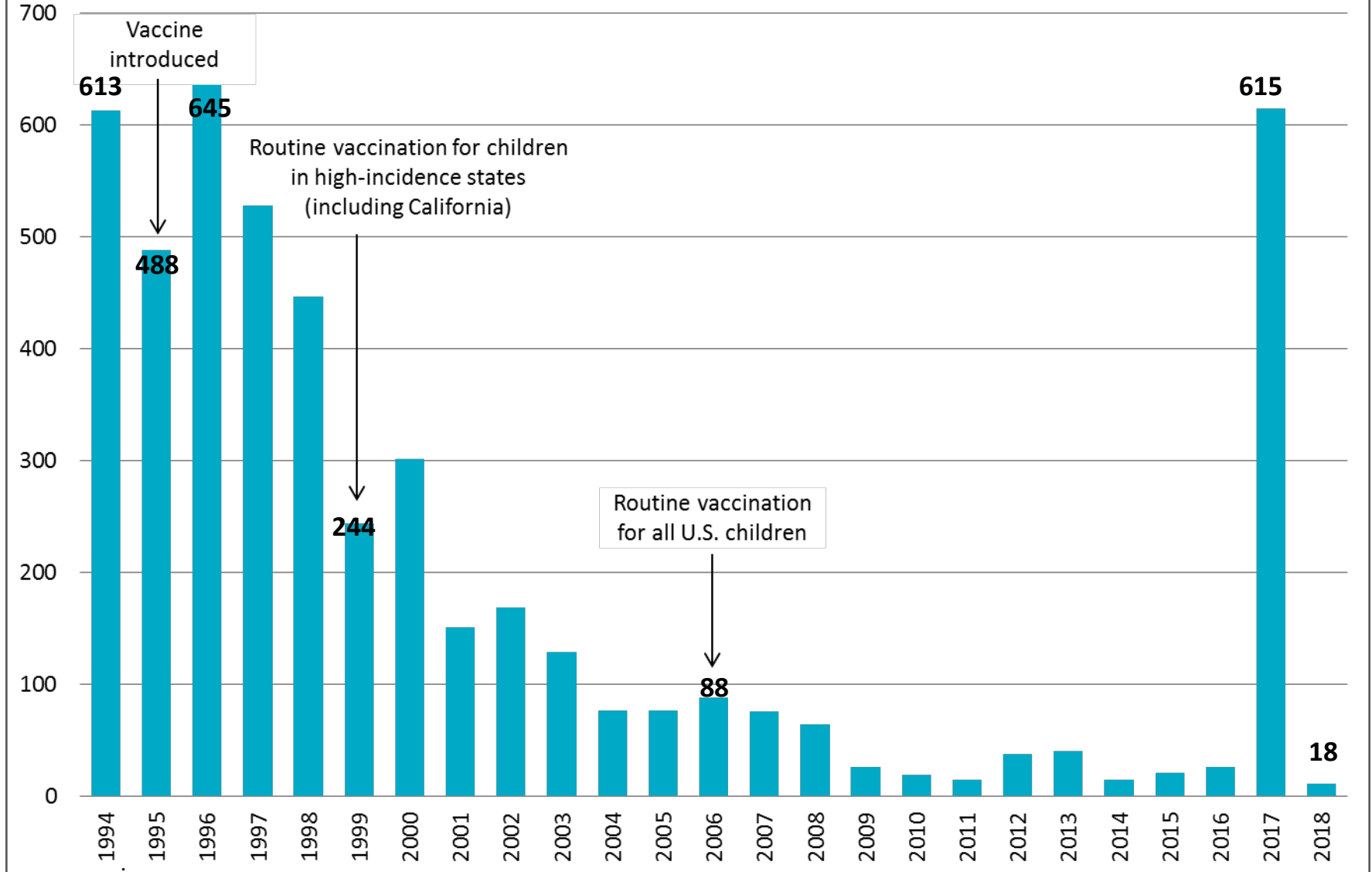
HEPATITIS A VIRUS INFECTION IN SAN DIEGO, 2016 - 2017



- Initially there was an increase in monthly cases
- Cases include persons who are homeless and use illicit drugs
- No common sources of infection identified
- Investigation is continuing
- County outreach to vulnerable populations
- Local health emergency



Hepatitis A Cases, San Diego County 1994 – 2018*



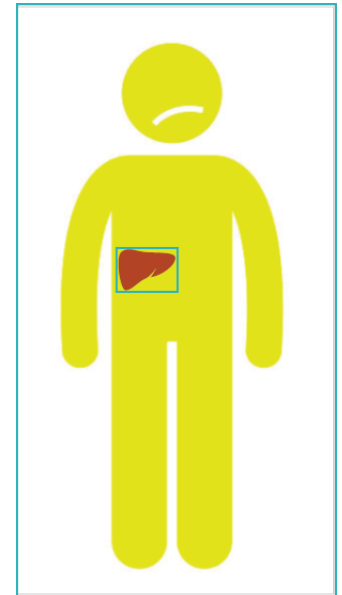
*Year to date. Prepared by County of San Diego, Health & Human Services Agency, Public Health Services, Epidemiology & Immunization Services, 04/12/18



590 confirmed outbreak cases from 11/22/16 thru 7/3/18

- **405 (68%) hospitalizations, 20 (3.4%) deaths**
- **402 (68%) male, 187 (32%) female**
- **Average age 44.1**

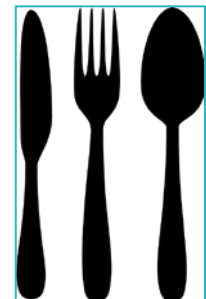
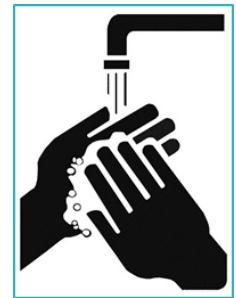
Visit www.sandiegocounty.gov/HepA for weekly updates



IF YOU THINK YOU HAVE HEPATITIS A...



- See your healthcare provider immediately
- Visit the closest emergency room
- Wash your hands with soap and water after using the bathroom
- Do not serve, prepare, or share food, or provide healthcare for other people
- Use your own towels, toothbrushes, and eating utensils

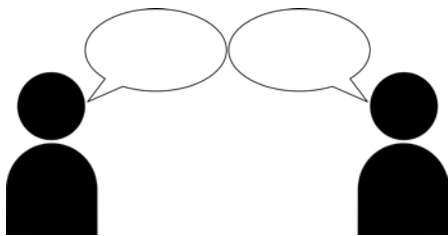


PREVENT HEPATITIS A FROM SPREADING: 3 STEPS



CALL TO ACTION

1. GET VACCINATED, IF AT RISK OR IN CDC-RECOMMENDED GROUP
2. WASH HANDS/SANITIZE
3. EDUCATE



7/11/2018





2 doses of the hepatitis A virus vaccine

- Adults
 - 90-95% effective after first shot
 - Second shot given at least six months after first shot
 - Almost 100% effective after two shots
 - Estimated 40+ years protection after 2 doses





Is it Time for Second Dose of Hepatitis A?

- San Diego County residents:
 - Received first dose before mid-September
 - 6 months or more after 1st dose
 - Get second dose to complete the series
 - Assures long-term protection
 - Vaccines are available in the community





Recommended Groups Specific to San Diego County

- Homeless persons and/or those with unstable living conditions
- Users of illicit drugs
- Gay and bisexual men and men who have sex with men
- Persons with chronic liver disease such as cirrhosis, hepatitis B or hepatitis C.
- Persons with close, ongoing contact with homeless persons and/or illicit drug users or their environment via employment or regular volunteer activities
- Food handlers catering to adult populations

During the present outbreak, hepatitis A vaccine is not being recommended for general public in San Diego County.

1. IF AT-RISK, GET VACCINATED:



CDC Recommended Groups:

- Men who have sex with men
- Users of illegal drugs
- Travelers to certain countries
- Persons with chronic liver disease
- Persons with clotting factor disorders
- People in close personal contact with adopted children from countries where hepatitis A is common



1. IF AT RISK, WHERE TO GET VACCINE?



Who?	Where to go?
Specific Professions: food handlers who serve adult clients, sanitation workers, public safety, medical workers, professionals working with or cleaning up after at-risk populations	Check with your employer on whether or not your occupational health provider offers the vaccine. If not, see other vaccine options below.
Insured	Check with your local healthcare provider or pharmacist
Uninsured or Underinsured	Call 2-1-1 or visit www.211sandiego.org to find a Community Health Center or County Public Health Center
Unsure?	Call 2-1-1 or visit: http://211sandiego.org

2. SANITIZE: HANDWASHING IS KEY



**Wash your hands to
stop germs and stay healthy!**



3. EDUCATE: INCREASE YOUR KNOWLEDGE ABOUT HEPATITIS A



- Read the materials shared with you
- Call 2-1-1 or go to www.211sandiego.org
- Visit the County's hepatitis A website for more information

www.sandiegocounty.gov/HepA

San Diego County Home

Health & Human Services Agency

MENU PROGRAMS ALL SERVICES A-Z FACILITIES ADVISORY BOARDS CONTACT US

Hepatitis A

San Diego Hepatitis A Outbreak, 2017

Since early 2017, the Public Health Services Division, in the County of San Diego Health and Human Services Agency, has been investigating a local Hepatitis A outbreak. The majority of people who have contracted hepatitis A are homeless and/or illicit drug users, although some cases have been neither. The outbreak is being spread person-to-person and through contact with a locally contaminated environment. No common sources of food, beverage or drugs have been identified that have contributed to this outbreak, though investigation is ongoing. The Centers for Disease Control and Prevention (CDC) notes that **person-to-person transmission** through close contact is the primary way people get hepatitis A in the United States.

Vaccination efforts are being implemented in targeted locations by County staff and in collaboration with health care partners. Health providers are asked to inform the Epidemiology Program if they have a patient suspected to have the hepatitis A infection, before the patient leaves the emergency department or provider's office (see contact number below).

On September 1, 2017, the San Diego County Public Health Officer declared a **local public health emergency** due to the ongoing hepatitis A virus outbreak in the county. The County Board of Supervisors ratified this declaration on September 6, 2017 and again on September 12, 2017. The declaration shall be ratified every two weeks by the County Board of Supervisors until the declaration is rescinded.

For information and resources, please click on the links below:

- Phone
- Educational Information
- Communications

San Diego County Health & Human Services Agency

LIVE WELL SAN DIEGO

Popular Services

- Aging & Independence Services
- Behavioral Health Services
- Children's Services
- Housing & Community Development Services
- Public Administrator, Guardian, and Conservator
- Public Health Services
- Self-Sufficiency Programs
- Support Divisions

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ANY QUESTIONS?



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Call 2-1-1 or go to www.211sandiego.org

**For more information about hepatitis A,
visit the County's webpage at:
www.sandiegocounty.gov/HepA**