

# Don't let Hepatitis A break your liver's heart

Hepatitis A is a **vaccine preventable illness** spreading now in your community.

Lab-confirmed cases are above expected levels in Dallas County. There is no effective treatment for the disease, but it's easily preventable. If you aren't certain that you're fully vaccinated against this virus, you should consider becoming so now.

Hepatitis A leads to damaging liver inflammation and is caused by ingesting fecal contaminants.

Signs and symptoms include any one or more of: headache, fever, nausea, vomiting, diarrhea, lethargy, abdominal pain, yellowing of the eyes or skin, dark urine, and light stool. The timeframe from exposure to sickness is from 15 up to 50 days.

Many adults experience significant discomfort. Some have illness that lingers or relapses for months. A small number of people may develop liver failure and could die.



**Lack of sanitation** is a major risk factor.

While certain groups may be more likely to acquire this illness, everyone is vulnerable, and it spreads easily in households and among contacts.

Routine vaccination as well as regular and effective hand hygiene with soap and water provides protection. One dose of vaccine received within two weeks of a known exposure to hepatitis A can prevent illness.

Higher risk groups:

- Persons experiencing homelessness or unstable housing
- Users of illicit drugs
- Incarcerated or recently jailed persons
- Persons who eat uncooked shellfish
- Men who have sex with men
- International travelers
- Persons with pre-existing clotting disorders or liver disease



~95% protection for an unknown number of years



~100% protection for 20+ years (up to lifetime)



**DCHHS**  
Safe families, healthy lives  
Dallas County Health and Human Services



Walk-in clinics are happening,  
April 29th, 12:30-3:00 PM  
North Oak Cliff Branch library conference room  
302 West 10th St. Dallas, TX 75219

