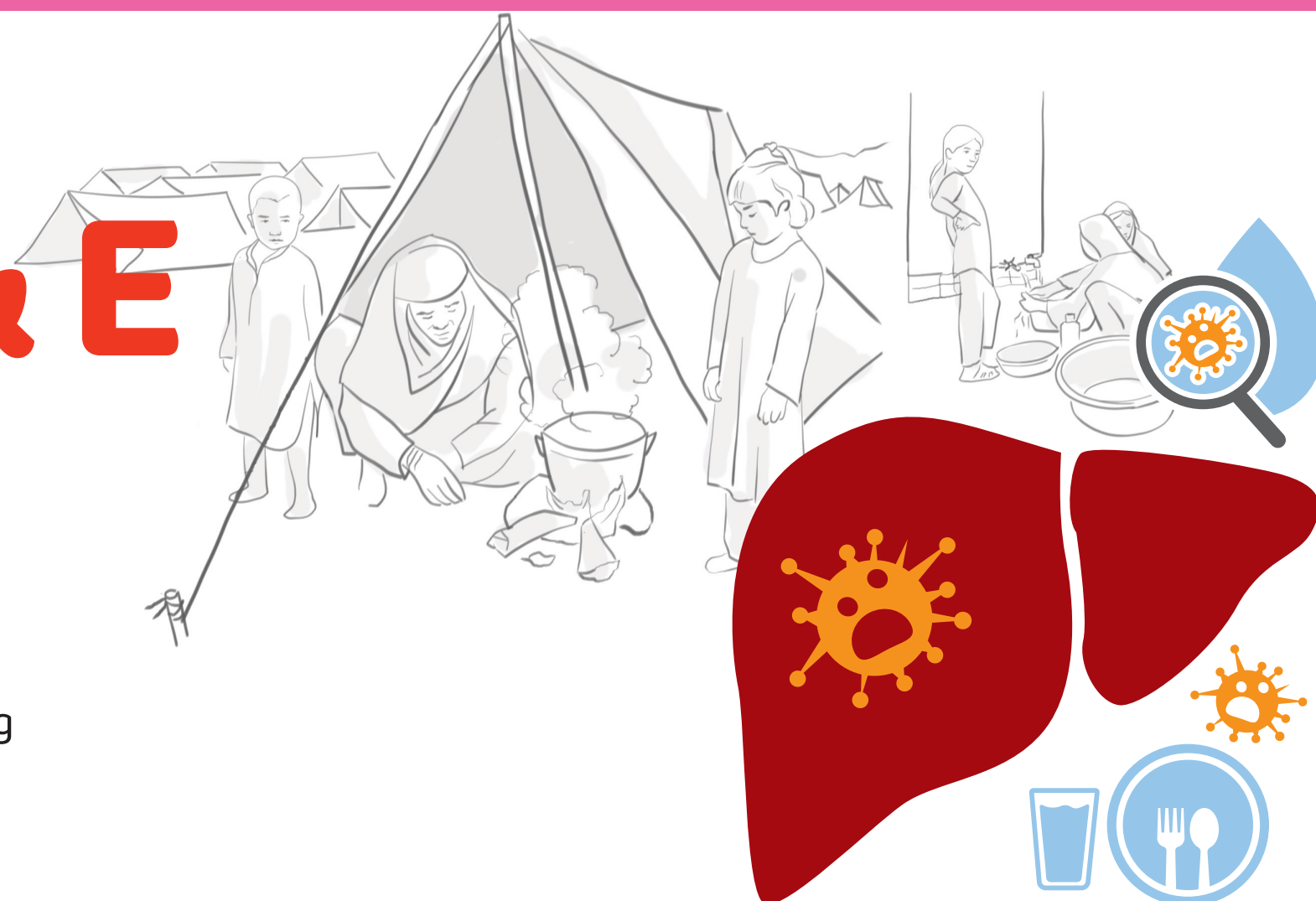


# Hepatitis A & E

Information for people in camp settings

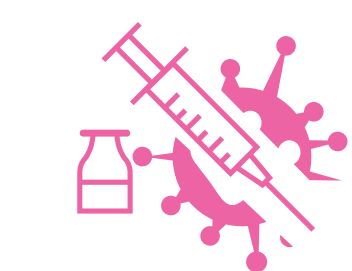
## Sources of infection

Foodborne and waterborne, transmitted through ingesting contaminated food and drink.

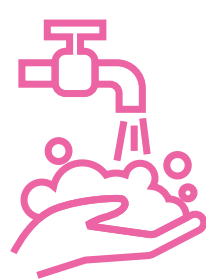


## Types of exposure & prevention

Hepatitis A and E are transmitted by ingesting contaminated food or drink or through direct contact with an infected person. In camps settings in which washrooms are limited, water sources are shared and open defecation occurs, the risk of hepatitis increases. Prevention measures include:



Getting vaccinated for hepatitis A.



Washing hands before touching food and after using the toilet



Only drinking clean and boiled water



Only using ice or ice products made with clean water

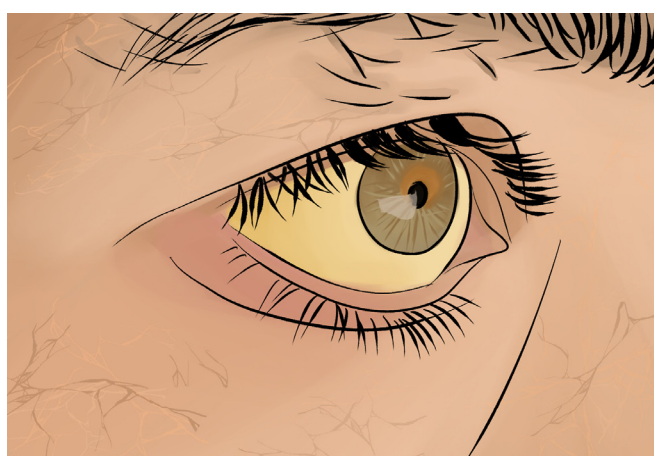


Cooking food well and keeping it at a safe temperature

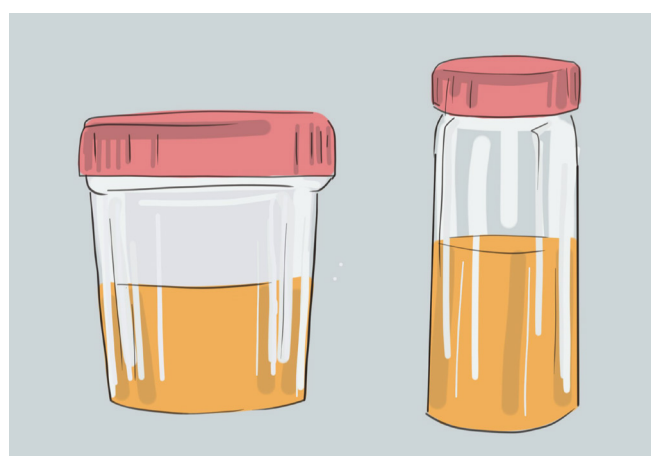


Avoiding open defecation. Use toilets that are clean and have water and soap

## Symptoms



**Jaundice**  
(yellowing of the skin and whites of eyes)



**Dark urine**



**Fatigue**



**Nausea**



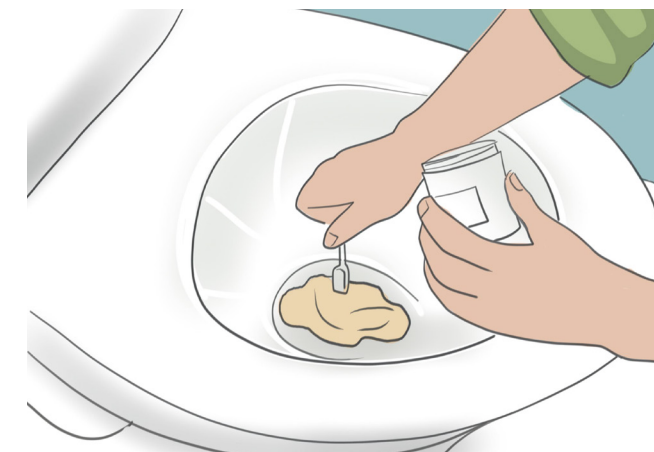
**Vomiting**



**Abdominal pain**



**Malaise**



**Clay-coloured stool**

**Actions to take in case of symptoms:**



Seek medical advice immediately and only take medication prescribed by a doctor. Do not share personal items like towel, clothes or handkerchieves with others if you have hepatitis A or E.