

# Hepatitis A & E

Information for schools

## Sources of infection

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

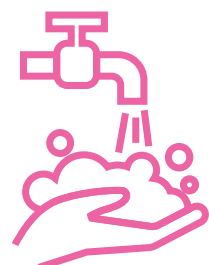


## Types of exposure & prevention

Hepatitis A and E are transmitted by ingesting contaminated food or drink or through direct contact with an infected person. Poor food hygiene, unsafe water, and lack of sanitation are the leading causes of hepatitis. Prevent it by:



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

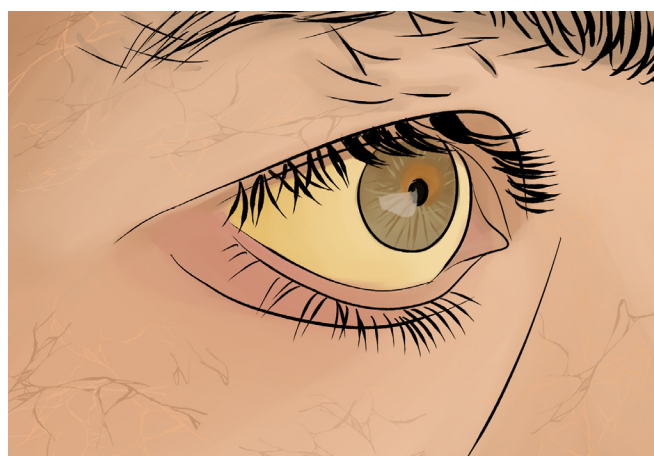


Cooking food well and keeping it at a safe temperature

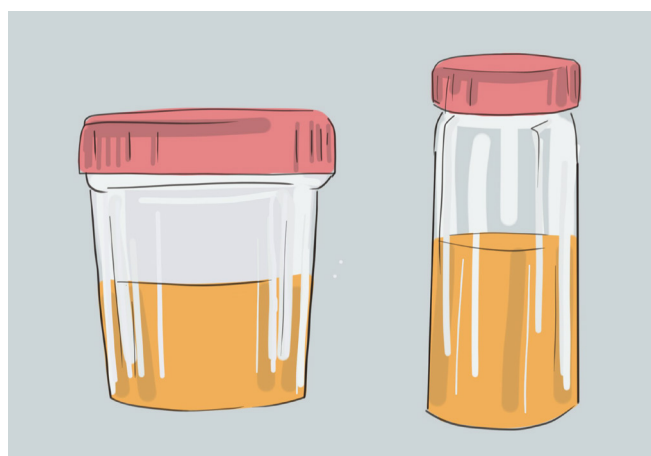


Avoiding open defecation. Use toilets that are clean and have water and soap

## Symptoms



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



**Dark urine**



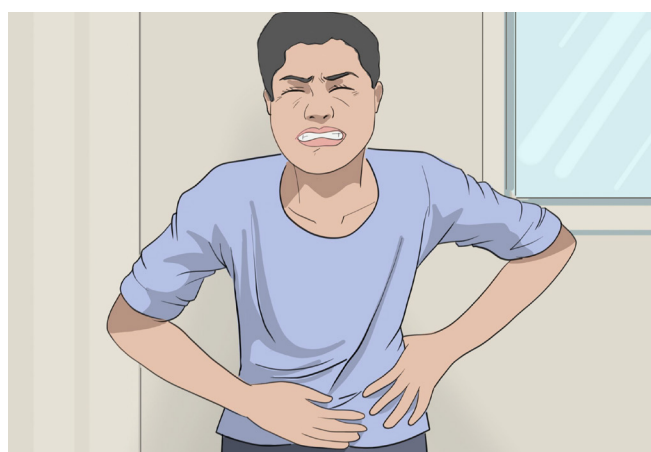
**Fatigue**



**Nausea**



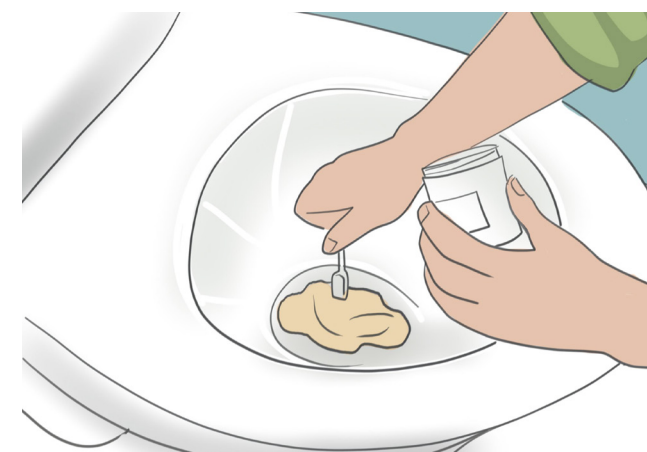
**Vomiting**



**Abdominal pain**



**Malaise**



**Clay-coloured stool**

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



Some medicines should not be taken during hepatitis A, hence avoid self-medication. Seek medical advice and only take medications prescribed by a doctor.



**World Health Organization**

REGIONAL OFFICE FOR THE Eastern Mediterranean