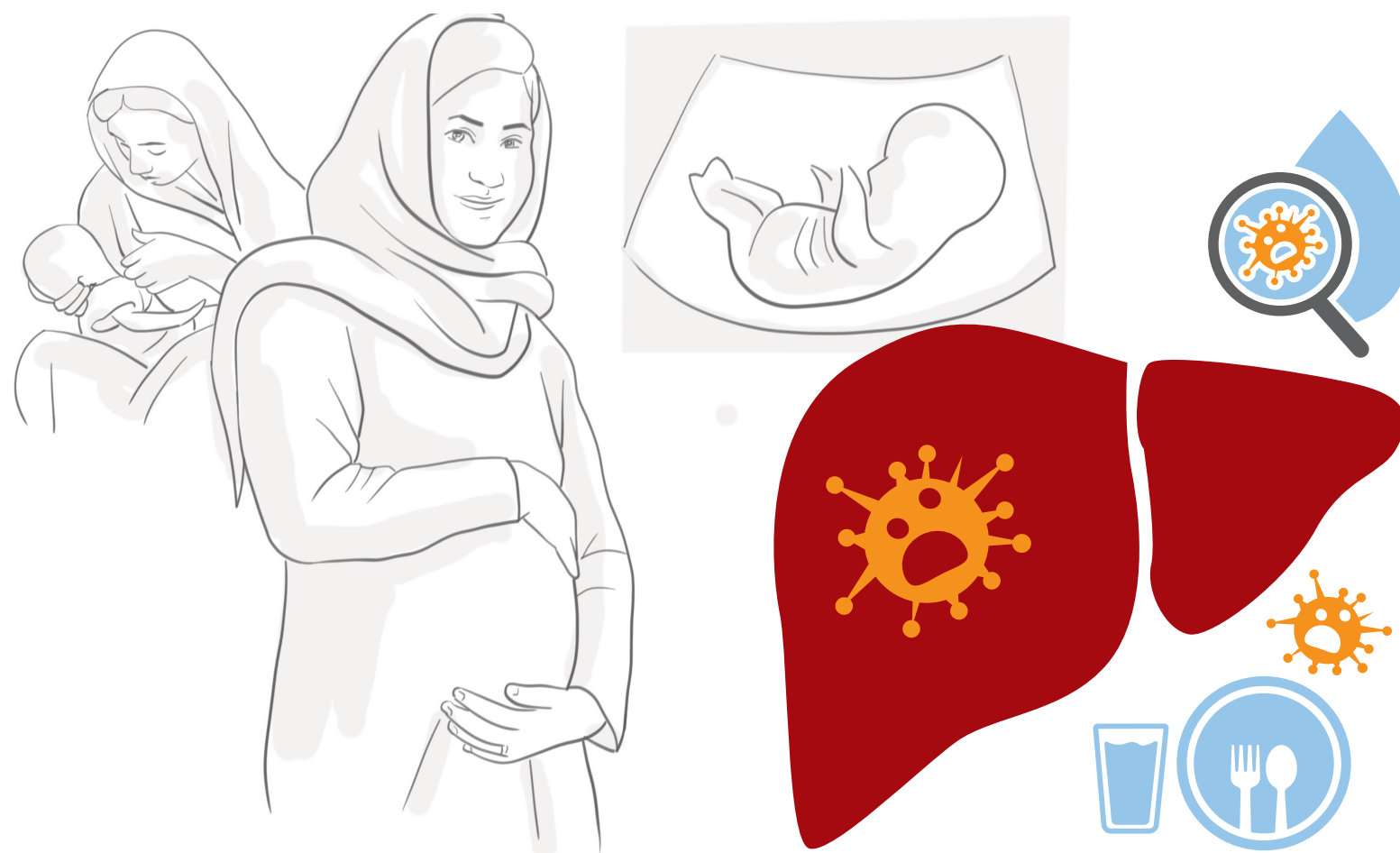


# Hepatitis E

Information for pregnant women

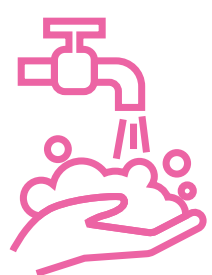
## Sources of infection

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



## Types of exposure & prevention

Hepatitis E is transmitted by ingesting contaminated food or drink or through direct contact with an infected person. Pregnant women are at increased risk, particularly during the second and third trimester. Prevent hepatitis E by:



Ensuring hand hygiene and sanitation



Washing hands before touching food and after using the toilet



Only drinking clean and boiled water

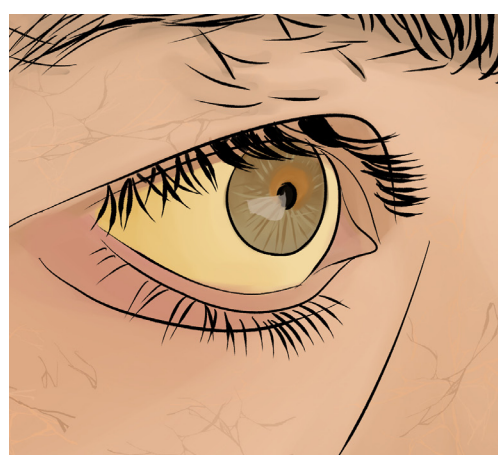


Eating clean food, ideally homemade which is thoroughly cooked



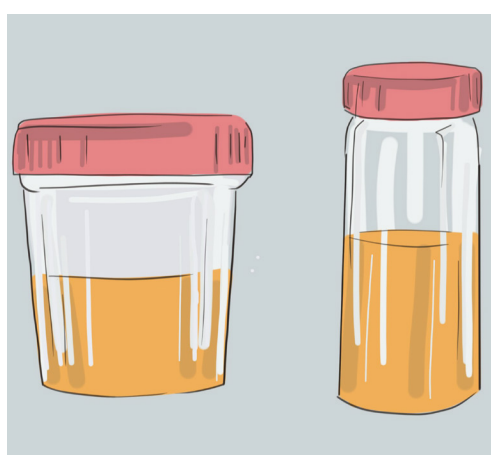
Avoiding open defecation. Use toilets that are clean and have water and soap

## Symptoms



**Jaundice**

(yellowing of the skin and whites of eyes)



**Dark urine**



**Fatigue**



**Nausea**



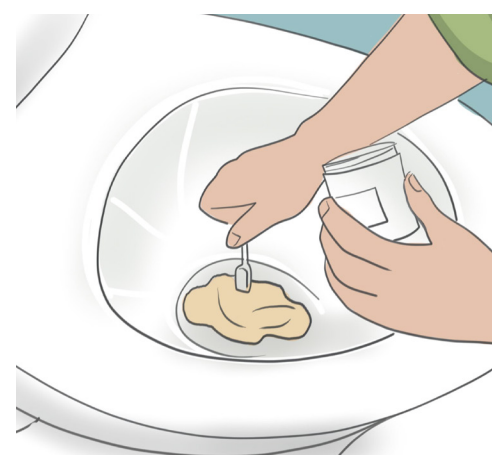
**Vomiting**



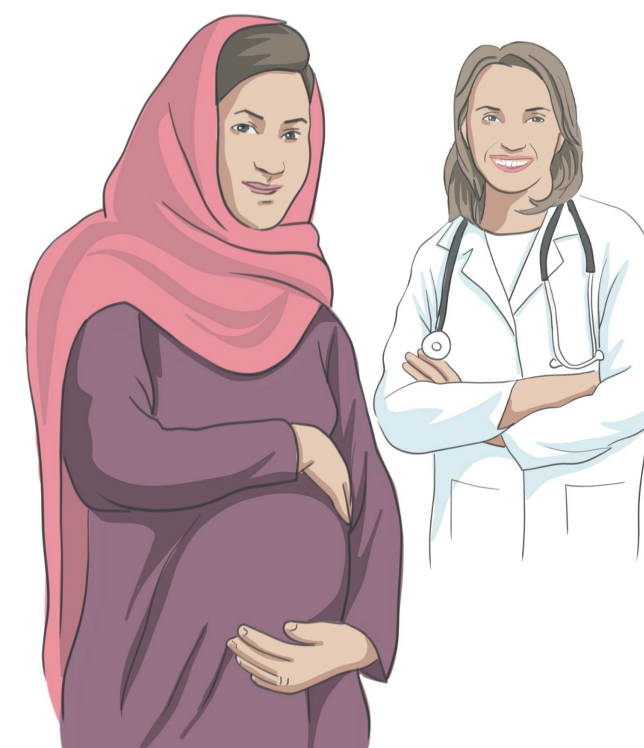
**Abdominal pain**



**Malaise**



**Clay-coloured stool**



**Hepatitis E** causes severe liver disease in pregnant women that can lead to:

- acute liver failure;
- fetal loss; and
- mortality.

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



Seek medical advice immediately. Fatality rates for pregnant women in their third trimester are high.



**World Health Organization**

REGIONAL OFFICE FOR THE Eastern Mediterranean