Hepatitis A

What You Need to Know
Overview

Disease Background

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Prevention & Treatment
DISEASE BACKGROUND
What is Hepatitis A?

• Virus that infects the liver
• Highly contagious
• Can range from:
  – Mild illness = few weeks
  – Severe illness = several months
• Death in rare instances
Transmission

- Person to person by contact with feces from an infected person*
- Sexual contact
- Close household contact
- Sharing needles and non-injection drug use
Symptoms

- Sudden onset abdominal pain
- Diarrhea
- Nausea
- Vomiting
- Dark urine
- Tiredness
- Loss of appetite
- Headache
- Jaundice (yellowing of eyes and/or skin)
Incubation Time

- Many people are contagious for two (2) weeks before symptoms begin, and up to one (1) week after jaundice first appears.
Risk Factors

• People most likely to become infected:
  – Not vaccinated for hepatitis A
  – Share injection and non-injection drugs
  – Have sexual contact with someone who has hepatitis A
  – Men who have sex with men
  – Have close contact, care for, or live with someone who has hepatitis A
  – International travelers
CURRENT OUTBREAK
Southeast Michigan Outbreak

• Click [here](#) for the most recent outbreak data.

• Affected areas:
  – City of Detroit
  – Genesee, Ingham, Isabella, Lapeer, Livingston, Macomb, Monroe, Oakland, Sanilac, Shiawassee, St. Clair, Washtenaw, and Wayne counties

• 10 fold increase since last year.

• Main transmission: Direct person-to-person spread and illicit drug use

• No common food or water source identified
Outbreak Demographics

- **Gender**
  - Male: 63%
  - Female: 37%

- **Deaths**
  - 4%

- **HCV Co-infection**
  - 28%

- **Illicit Drug Use**
  - 48%

- **Hospitalizations**
  - 86%

**Ages range from 19 to 87 years old**

HCV = Hepatitis C
Prevention

• Immunization
  – 2 dose vaccination series given 6 months apart
  – 1st dose is 95% effective, begins 14-21 days after single dose
  – Hepatitis A is also included in the TWINRIX vaccine
    • TWINRIX vaccine: three-dose Hepatitis A, Hepatitis B combined vaccine
  – Once sick with hepatitis A, a person has lifelong immunity.
Prevention

• Wash your hands thoroughly with soap and warm water:
  – Before eating or preparing food
  – After using the bathroom
  – After diapering/toileting a small child
Treatment

• No specific treatment
• Important to have a doctor follow the course of the infection.
• If you were recently exposed to hepatitis A and are not showing symptoms, you may get a vaccine to prevent serious illness.
IF YOU THINK YOU HAVE BEEN EXPOSED OR HAVE SYMPTOMS

• Talk to or see a healthcare provider.
• If you know that your exposure occurred within the last two weeks, you may be offered the hepatitis A vaccine.
• Your healthcare provider will determine if you need additional medical care.
IF YOU ARE DIAGNOSED

• Your local health department will contact you to learn how you may have been exposed to hepatitis A and who has been in close contact with you.

• The hepatitis A vaccine may be offered to those contacts for their protection and to further prevent the spread of disease.
Resources

• Oakland County Health Division (OCHD)
  oakgov.com/health

• Michigan Department of Health and Human Services (MDHHS)
  mi.gov/hepatitisAoutbreak

• Centers for Disease Control and Prevention (CDC)
  cdc.gov/hepatitis
North
Oakland Health Center
1200 N. Telegraph Rd
Pontiac, MI 48341
Phone: 248.858.1280

South
Oakland Health Center
27725 Greenfield Rd
Southfield, MI 48076
Phone: 248.424.7000

Nurse On Call Public Health Information
800.848.5533 NOC@OakGov.com
OakGov.com/Health

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