

# IMPORTANT HEPATITIS A INFORMATION FOR FOOD EMPLOYEES

Please review with employees and post where employees can read for easy reference.

## MICHIGAN IS EXPERIENCING A HEPATITIS A OUTBREAK.

Take steps to protect yourself from hepatitis A:  
**GET VACCINATED IF YOU LIVE IN THE OUTBREAK AREA!**  
Outbreak area information: [michigan.gov/hepatitisAoutbreak](http://michigan.gov/hepatitisAoutbreak)

### What is hepatitis A?

Hepatitis A is a very contagious disease that attacks the liver. An **infected person can infect others up to two weeks before they feel sick**, and sometimes up to a week after they feel better. Not everyone who is infected will have all the symptoms listed below. Symptoms usually start within 28 days of exposure to the virus, with a range of 15-50 days.

### Symptoms:

- Jaundice (yellowing skin and whites of eyes)
- Diarrhea
- Loss of appetite
- Stomach pain
- Pale or clay colored stool
- Fever
- Fatigue/tired
- Nausea and vomiting
- Dark-colored urine



### What do I need to do if I have been exposed to hepatitis A or I am sick with symptoms?

- If you are sick with symptoms, **DO NOT GO TO WORK. See your doctor immediately.**
- Tell your manager right away if:
  - You have any symptoms listed above.
  - You have been diagnosed with hepatitis A.
  - A person living in your household or someone you have had close personal contact with has been diagnosed with a hepatitis A infection within the past 30 days.
- You should receive a hepatitis A vaccine within 14 days of being exposed if you have not yet become ill with symptoms.
- If you don't have health insurance, call your local health department for information on free or low-cost vaccinations. Visit [michigan.gov/hepatitisAoutbreak](http://michigan.gov/hepatitisAoutbreak) for contact information.

### How is it hepatitis A spread?

- Usually by putting something in your mouth that has been contaminated with the feces (poop) of a person with hepatitis A.
- By sharing towels, toothbrushes or eating utensils, or having sex with someone who is infected.
- May be spread by food, drinks, drugs or cigarettes that have been handled by an infected person.

### How do I help prevent the spread of illness?

- **Do not touch ready-to-eat foods with your bare hands.**
- Follow all safe food handling requirements, including handwashing with warm, soapy water for 20 seconds, in any of the following instances:
  - Immediately before preparing food or working with non-prepackaged food, clean equipment and utensils, including take out containers or utensils.
  - After touching bare human body parts other than clean hands and clean, exposed portions of arms.
  - After using the restroom.
  - After handling dirty equipment or utensils.
  - When switching between working with raw food and working with ready-to-eat food.
  - After coughing, sneezing, using a handkerchief or disposable tissue, using tobacco, eating or drinking.
  - Before putting on disposable gloves to start working with food.
  - During food preparation, as often as necessary to remove dirt and contamination; and when changing jobs, to prevent cross-contamination.
  - Before dispensing or serving food, or handling clean tableware and serving utensils in the food service area.



**WHEN IN DOUBT, WASH YOUR HANDS!**  
Hand washing is your best defense against foodborne illness and many infectious diseases.