

## Hepatitis A

Also known as Hep A

Hepatitis A is a viral infection which can be passed on when faeces from a person with Hep A enters the mouth of another person.

### QUICK FACTS

- Hep A is one of several viruses which can cause hepatitis
- Symptoms can be severe, but most people infected with Hep A recover completely
- A blood test can show if you have been infected with or vaccinated against Hep A
- There is no specific treatment available for Hep A
- Vaccination against Hep A is available

### What is this?

Hepatitis A (Hep A) is a virus that affects the liver.

Hep A is not common in Australia. It can have serious (but short-lived) symptoms and people generally make a full recovery.

### How do you get it?

Hep A is passed from person to person through:

- direct mouth to anal contact
- eating food or drinking water that is contaminated with the virus

Hep A often occurs in outbreaks, mainly due to contaminated food or water (especially in developing countries).

### What are the symptoms?

Many people infected with Hep A do not experience symptoms.

People infected at an older age are more likely to experience symptoms.

Hep A has an incubation period of approximately 28 days (anything from 15 - 50 days). If symptoms occur, they usually last for about a month and can include:

- nausea, loss of appetite

- tiredness
- fever
- dark urine
- jaundice
- right-sided pain under the ribs

## How do you test for it?

A blood test can show if you have been infected with or vaccinated against Hep A.

## How is it treated?

There is no specific treatment available for Hep A.

If you know that you have come into contact with the hepatitis A virus and are not vaccinated, it is important to see your doctor immediately.

There is preventative treatment available which may prevent you becoming infected with Hep A and experiencing the symptoms.

## How can I protect myself?

Vaccination for Hep A is the best way to prevent infection and is highly effective.

Speak to your doctor about vaccination.-

## Where can I get help?

- Visit a [sexual health service near you](#)
- Visit your local doctor
- Visit your local community health centre

### DISCLAIMER

This fact sheet provides general sexual health information and is not intended to replace the need for a consultation with your doctor.

If you have concerns about your health, you should seek advice from your doctor.

If you require urgent care, you should go to your nearest Emergency Department or call [000](#).