

# Protect yourself from **hepatitis A**...

## Get vaccinated!

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### What is hepatitis A?

Hepatitis A is a serious liver disease caused by a virus. The virus is found in the feces (poop) of infected people.

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### How do you catch it?

The hepatitis A virus is spread when invisible particles of feces (poop) get into your mouth. You can get hepatitis A by eating contaminated food or water, during sex, or just by living with an infected person.

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### Is it serious?

Yes. If you get infected with hepatitis A, your skin and eyes can turn yellow. You can get very sick for weeks and may need to be hospitalized, and even die. Some people don't feel sick, but they can still spread the virus to others.



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### Am I at risk?

You are more likely to be infected with the virus if you travel or work outside the U.S., have chronic liver disease, use illegal drugs, have sex with an infected person, or care for a recently arrived unvaccinated child from a country where hepatitis A is common.

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### How can I protect myself from hepatitis A?

Vaccination is the best way to prevent hepatitis A.

Ask your healthcare provider if you need this vaccine!



Young children should receive 2 doses of the hepatitis A vaccine as part of their regular checkups. Older children and teens can receive the vaccine as well.

Adults should get vaccinated if they are at risk for hepatitis A, or if they simply want to be protected.

▶ For more information, visit [www.vaccineinformation.org](http://www.vaccineinformation.org)

For other vaccine handouts in this series, visit [www.immunize.org/vaccine-summaries](http://www.immunize.org/vaccine-summaries)

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