

Your child may have been exposed to:

## Hepatitis A

Hepatitis A is a viral infection of the liver.

If you think your child has hepatitis A, tell your childcare provider or call the school.

**Keep your child home from childcare and school** until you have talked with your local or state health department. Each situation must be looked at individually to decide if cases of hepatitis A can spread the virus to others.

For more information, call Hennepin County HSPHD-Epidemiology at 612-543-5230 or call your local health department.

### Symptoms

Symptoms include dark urine (the color of tea or cola), fever, and tiredness. Your child may not want to eat. Stools may be white or gray-colored. Your child may appear jaundiced (yellowing of eyes or skin).

If your child is infected, it may take 15 to 50 days for symptoms to start (usually takes 28 days).

### Spread

- By eating or drinking food or beverages contaminated with stool.
- By touching hands, objects, or surfaces, contaminated with stool.

### Contagious period

From 2 weeks before to 2 weeks after symptoms start.

### Call your health care provider

If someone in your home:

- has symptoms of hepatitis A. Blood tests can be done. No specific treatment is given.
- has been exposed to hepatitis A.

### Prevention

- Wash hands after using the toilet and changing diapers. Wash hands before preparing food or eating. Your child may need help with handwashing.
- Clean and disinfect any objects that come in contact with stool. This includes toilets, potty chairs, sinks, toys, and diaper changing areas. Use a product that kills germs.
- In Minnesota, all children 24 months of age or older enrolled in childcare or early childhood programs must be vaccinated against hepatitis A or have a legal exemption. Hepatitis A vaccine should also be considered for groups at increased risk of hepatitis A.