

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

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 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.