Managers of food establishments and permit holders must ensure all food handlers follow health, hygiene and sanitation requirements to prevent the spread of hepatitis A.

**WHAT IS HEPATITIS A?**

Hepatitis A is a very contagious liver infection caused by the hepatitis A virus. It can range from a mild infection lasting a few weeks with no symptoms to a severe illness lasting several months that can result in liver failure and even death.

Hepatitis A can spread when someone touches objects or consumes food or drinks contaminated with undetectable amounts of stool (feces) from someone who has the virus. It is also spread through close contact with someone who has the virus.

**HOW DO I PREVENT THE SPREAD OF HEPATITIS A?**

Wash hands with soap and water.

- Ensure workers are trained on handwashing procedures and expectations.
- Monitor for proper handwashing.
- Print and post handwashing reminders.

Prevent bare hand contact with food.

- Use utensils (e.g., tongs or forks) to handle ready-to-eat food.
- Wear food service gloves to prevent the spread of hepatitis A and other germs.

Properly clean and sanitize surfaces touched by people.

Follow these cleaning and disinfecting guidelines to prevent the spread of hepatitis A.

**WHO SHOULD I NOTIFY?**

Food handlers must tell their manager right away if they have:

- Diarrhea or vomiting
- Jaundice (yellowing of skin and eyes)
- Been diagnosed with hepatitis A
- Had close personal contact or are living with someone who was diagnosed with hepatitis A within the past 30 days

Food handlers with diarrhea or vomiting must not enter the food establishment until they have at least 24 hours with no symptoms.

The manager of the food establishment must report to the local health department when a food handler has jaundice or a hepatitis A diagnosis.

Food handlers must not handle unwrapped foods for at least 30 days if they have had close personal contact or are living with someone diagnosed with hepatitis A.

**SYMPTOMS OF A HEPATITIS A INFECTION:**

- Lack of energy
- Low appetite
- Diarrhea
- Fever
- Nausea
- Stomach pain
- Joint pain
- Dark urine
- Pale stool (feces)
- Jaundice (yellow coloring of the skin and the whites of the eyes)

Contact EH&S’s Public Health program at 206.616.1623 or phdept@uw.edu with questions.