

## Where can I go to get the Hepatitis A vaccine?

### Locations offering walk-in low/no-cost Hepatitis A vaccination

#### **Nashua Public Health Department**

18 Mulberry Street  
Nashua, NH 03060  
Tuesday: 4:00pm to 7:00pm  
Friday: 8:30am to 10:30am  
Call: (603) 589-4500

#### **Manchester Health Department**

1528 Elm Street  
Manchester, NH 03101  
Monday: 1:30pm to 3:30pm  
Tuesday: 9:00am to 11:30am  
Thursday: 3:00pm to 6:00pm  
Call: (603) 624-6466

#### **Goodwin Community Health**

311 NH-108  
Somersworth, NH 03878  
Wednesday: 1:30pm to 4:00pm  
Call: (603) 749-2346

#### **Concord Regional VNA**

**At St. Paul's Episcopal Church**  
21 Centre Street  
Concord, NH 03301  
1<sup>st</sup> Monday each month: 1:00pm to 4:00pm  
Call: (603) 224-4093

If you reside outside of the listed areas call the Immunization Program at (603) 271-4482.



Department of Health & Human Services  
Division of Public Health Services  
Bureau of Infectious Disease Control

29 Hazen Drive  
Concord, NH 03301-6504

Phone: 603-271-4496

Fax: 603-271-0545

[NHBIDC@dhhs.nh.gov](mailto:NHBIDC@dhhs.nh.gov)

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# Are You at Risk for Hepatitis A?



# What is Hepatitis A?

Hepatitis A is a highly contagious liver infection caused by the Hepatitis A virus. It can range in severity from a mild illness lasting a few weeks to a severe illness lasting several months.

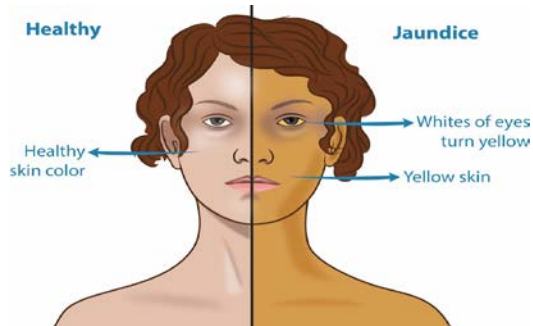
## How is it spread?

Hepatitis A is spread when a person unknowingly ingests the virus from objects, food or drinks contaminated by small, undetected amounts of stool from an infected person. The Hepatitis A virus is able to survive outside the body for months. High temperatures, such as boiling or cooking food or liquids for at least 1 minute at 185°F (85°C), kill the virus, although freezing temperatures do not.

## Am I at-risk?

Anyone can get Hepatitis A, but persons at greater risk are:

- Gay and bisexual men
- People with substance use disorder
- People experiencing homelessness
- People with recent jail stay



## What are the symptoms?



Symptoms are more likely to occur in adults than in children. They usually last fewer than two months, but some people can be ill as long as six months. Sometimes Hepatitis A can make you sick enough to need hospitalization. In rare cases, Hepatitis A can cause liver failure and death; this is more common in people older than 50 and in people with other liver diseases.

## What should I do if I have symptoms?

Anyone who has symptoms should contact a healthcare provider immediately and should not prepare food for others. People with symptoms should not attend work or school while ill.

## What can I do to prevent Hepatitis A?



- **Get Vaccinated!** The Hepatitis A vaccine is very effective at preventing disease. Hepatitis A vaccine is readily available from healthcare providers and pharmacies.
- **Wash your hands** with soap and water, especially after using the bathroom and before preparing food.
- **Don't** have sex with someone who has Hepatitis A infection.
- **Don't** share towels, toothbrushes, and eating utensils.
- **Don't** share food, drinks, or smokes with other people.

