

Hepatitis A Talking Points

Hepatitis A is a highly contagious liver infection caused by the hepatitis A virus.

NH is currently seeing a marked increase of hepatitis A cases. From November 1, 2018- April 9, 2019 the state has had 73 cases with 46 hospitalizations.

Hep A is spread when a person ingests the virus from objects, food, or drinks contaminated by small amounts of stool from an infected person. For example, sex with infected persons, contaminated food and drink, drug use, and not washing hands after bathroom use.

Symptoms include dark pee, pale poop, yellowing of skin and/or eyes, fever, nausea, vomiting, and/or feeling tired.

Anyone can get Hep A, but persons at higher risk are:

- Men who have sex with men
- People with Substance Use Disorder
- People experiencing homelessness
- People with recent jail stay

Help prevent the spread:

- Wash your hands frequently - especially after bathroom use or before food preparation.
- Avoid sex with someone who has Hepatitis A infection.
- Don't share personal items, food, drinks, or smoking devices with others.
- Get vaccinated

The vaccine is recommended for:

- All children starting at one year of age and older
- People who are at increased risk of hepatitis A infection (as noted above)
- Those with chronic liver diseases (such as hepatitis B and hepatitis C infections)
- Anybody wishing to obtain immunity

Where can I receive the hepatitis A vaccine?

- **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**
St. Paul's Episcopal Church
21 Centre Street
Concord, NH 03301
1st Mon of each month: 1:00pm to 4:00pm
Call: (603) 224-409

To develop a plan for your town, contact your Public Health Network