

16 Hepatitis A

Transmission

- Water contaminated with human waste (stools)
- Dirty food and unwashed hands
- Ingestion of shellfish cultivated in polluted water that is associated with a high risk of infection

Symptoms

- Early symptoms can be mistaken for influenza
- They include fatigue, fever, abdominal pain, nausea, diarrhoea, yellowing of the skin or whites of the eyes (jaundice), weight loss, itching
- Some sufferers, especially children, show no signs of having the disease at all

Prevention

- ➔ Hepatitis A can be prevented by vaccine
- ➔ Clean water (good water sources, clean water container in household)
- ➔ Good sanitation facilities (good latrines or defecation facilities)

- ➔ Clean food
- ➔ Good shelter
- ➔ Health promotion
- ➔ Proper hygiene (handwashing with soap)

Vulnerable people

- Conditions of poor sanitation and overcrowding

In case of epidemic

- ➔ Early detection and referral of patients to health facilities
- ➔ Provision of clean or treated water

- ➔ Provision of good sanitation facilities
- ➔ Health promotion

Volunteer actions

See the following **action tools** for more information on what actions to take against Hepatitis A:

31	29	32	33	15	43	8	9	10	11	12	30
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Community-based assessment questions

Make a map of the community and mark the information you gather on the map.

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| <ul style="list-style-type: none">• When did the epidemic start?• How many people live in the affected community?• How many children under 5 years of age live in the affected community?• Who and where are the vulnerable people?• What are the drinking water sources? Are they clean?• What are the means of sanitation in the community? | <ul style="list-style-type: none">• How many people have fallen sick with Hepatitis A and where?• How many children have fallen sick with Hepatitis A and where?• Are there any health services and where?• Is there a health promotion programme in place? |
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