

CHILDREN who become ill should not go to school for at least 7 days following the appearance of jaundice.

In some cases this period can be longer.

Children may require supervision and help to wash their hands thoroughly.

For further information contact:
Your family doctor, health visitor or

Food and Health Service
Leeds City Council

on

Tel: Leeds (0113) 247 6286



Leeds Health Protection Team



HEPATITIS A

**ADVICE ABOUT
HEPATITIS A
(YELLOW JAUNDICE)**

HEPATITIS A

Is usually a mild illness in children, but can be serious in adults. You may have fever, loss of appetite and, later, vomiting, yellow eyes (jaundice) and dark coloured urine. Stomach pains and diarrhoea may also occur.

HEPATITIS A

Is different from HEPATITIS B and C which are more serious infections transmitted through blood.

HEPATITIS A

Is caused by a virus entering the body through the mouth on unwashed hands, contaminated food or drink. It can also be the result of sharing needles or syringes, or may be passed on through sex.

HEPATITIS A

Can take up to 8 weeks to show from being infected. The most infectious period is 1-2 weeks before onset of symptoms and a few days after onset and could be longer in children. This is when the virus is present in faeces and urine.

- The illness usually lasts about 2 weeks, although in some people it may go on for much longer.

- Adults are advised to avoid all alcohol and drugs during the illness and for at least a month after they are well again.

- Most people make a full recovery and will then have natural protection against further attacks. Illness will be more severe in people whose liver has been previously damaged by disease, alcohol or drugs and the elderly.

- There is no specific treatment. Rest, plenty of fluid and sugary drinks will help recovery.

- Some people can carry the virus without becoming ill themselves. These cases are important in spreading the disease.

- There is no need for any member of the household or other close contact of the person to be excluded from school or work.

- Contacts of individual people will be advised by staff of Food and Health Service Leeds City Council.

- Hepatitis A can be prevented by Immunisation. Some types of immunisation also provide protection against Hepatitis B.

WHAT YOU MUST DO

- **GO AND SEE YOUR DOCTOR** your doctor should notify your illness to the Consultant for Communicable Disease Control. A nurse will then call at your address to answer any queries, ask some questions and advise you.

- **IF YOU DO NOT HAVE A DOCTOR** you should visit the Accident and Emergency Department at Leeds General Infirmary or St James' Hospital.

- You must wash your hands with soap and plenty of running water after using the toilet and before handling food. Warm water is not essential.

- If someone in your family has Hepatitis A cups and plates must be washed in very hot water.

- Kitchen surfaces must be clean at all times and especially when preparing food.

- Uncooked food must be kept in a clean place. Raw vegetables, salads and fruits must be washed thoroughly before you eat them.

- Your toilet must be cleaned regularly with diluted household bleach wearing household rubber gloves put aside for this purpose only. This must continue for at least 2 weeks after jaundice has appeared.