

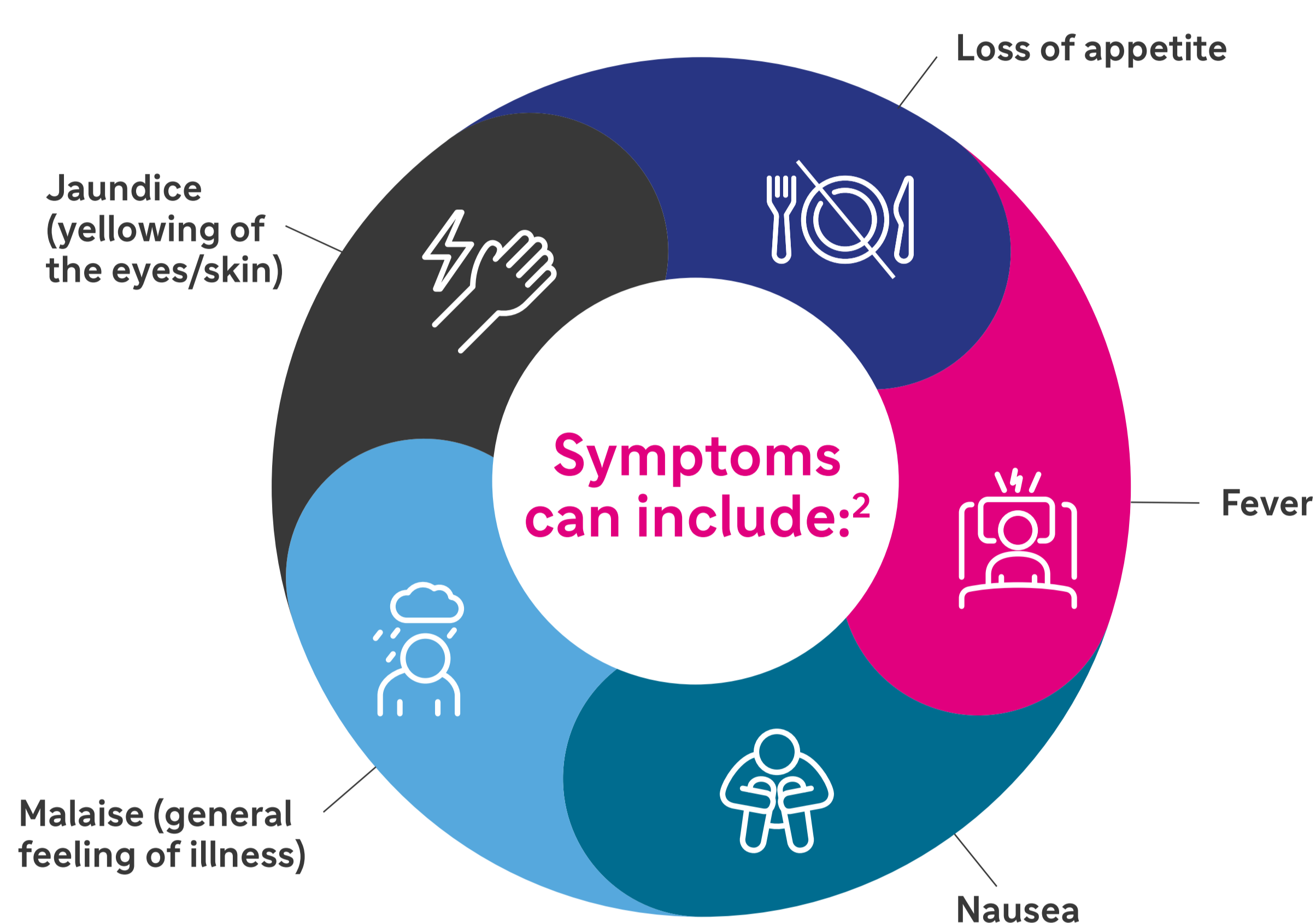
All you need to know about hepatitis A

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Hepatitis A is an infection of the liver caused by the hepatitis A virus. Compared to adults, young children are more likely to become infected with hepatitis A while travelling abroad¹

Hepatitis A usually causes mild disease but, in some cases, it can be serious. Adults will show symptoms more often than children, who usually show mild or no symptoms.²

Children are less likely to wash their hands and can be prone to placing dirty objects into their mouths, meaning that they are more likely to catch hepatitis A while travelling.¹



Children can also easily spread hepatitis A between themselves and others as they usually show few to no symptoms once infected.²

You and your family could be at risk of hepatitis A if you are travelling to certain regions.²

Find out here whether the country you are travelling to will put you and your family at risk of hepatitis A



People can be infected by:³

- Drinking unclean water (including ice)
- Eating food that's been washed or grown in unclean water
- Eating food that's been handled by an infected person
- Close physical contact with an infected person

There are several things you can do to protect yourself and your family against hepatitis A whilst abroad:¹



Practice good hand hygiene



Practice safe attitudes towards food and water



Consider if you need to be vaccinated against hepatitis A before you travel

Immunisation is the best way to prevent hepatitis A and is recommended if you are travelling to a country with a high risk of hepatitis A^{1,3}

Luckily, there are effective hepatitis A vaccines available, including for children, meaning that you and your family can be protected when you travel. **Hepatitis A vaccines are generally free** on the NHS when travelling to countries where it is recommended.^{4,5}

For more information about how you can protect yourself and your family against hepatitis A, speak to a Healthcare Professional or click here



References

1. Fit For Travel. Hepatitis A. Available at: <https://www.fitfortravel.nhs.uk/advice/disease-prevention-advice/hepatitis-a>. Accessed: January 2023. 2. World Health Organization. Hepatitis A. Available at: <https://www.who.int/news-room/fact-sheets/detail/hepatitis-a>. Accessed: January 2023. 3. National Health Service. Hepatitis A. Available at: <https://www.nhs.uk/conditions/hepatitis-a/>. Accessed: January 2023. 4. Travel Health Pro. Hepatitis A. Available at: <https://travelhealthpro.org.uk/factsheet/21/hepatitis-a>. Accessed: January 2023. 5. NHS Inform. Hepatitis A. Available at: <https://www.nhsinform.scot/illnesses-and-conditions/stomach-liver-and-gastrointestinal-tract/hepatitis-a>. Accessed: January 2023.