

# HEPATITIS A PARENT FACT SHEET

## PARENT/GUARDIAN

Your child may have been exposed to: Hepatitis A

Hepatitis A is a viral infection of the liver.

If you think your child has hepatitis A:

- Tell your childcare provider or call the school.
- Keep your child home from childcare and school until you have talked with your local or state health department. Each situation must be looked at individually to decide if cases of hepatitis A can spread the virus to others.
- The child must be kept home until the health authority determines that the child is not infectious.

## Symptoms

- Symptoms include dark urine (the color of tea or cola), fever, and tiredness.
- Your child may not want to eat.
- Stools may be white or gray colored.
- Your child may appear jaundiced (yellowing of eyes or skin).

If your child is infected, it may take 15 to 50 days for symptoms to start (usually takes 28 days).

## Spread

- By eating or drinking food or beverages contaminated with stool.
- By touching hands, objects, or surfaces, contaminated with stool.

## Contagious period

From 2 weeks before to 2 weeks after symptoms start.

## Call your health care provider

If someone in your home:

- has symptoms of hepatitis A. Blood tests can be done.
- has been exposed to hepatitis A.

## Treatment

No specific treatment is given

## Prevention

- Wash hands after using the toilet and changing diapers. Wash hands before preparing food or eating. Your child may need help with handwashing.

- Clean and disinfect any objects that come in contact with stool. This includes toilets, potty chairs, sinks, toys, and diaper changing areas. Use a product that kills germs.
- Hepatitis A vaccine should also be considered for groups at increased risk of hepatitis A.

**For more information, please contact your local health department.**

[Carson City Health & Human Services](#) (Carson City, Douglas, Lyon Counties) 775-434-1690 & 775-887-2190 (after hours)

[Central Nevada Health District](#) (Churchill, Mineral, Eureka, Pershing Counties) 775-866-7535

[Northern Nevada Public Health](#) (Washoe County) 775-328-2447 (24 hours)

[Southern Nevada Health District](#) (Clark County) 775-759-1300 (24 hours)

[Division of Public and Behavioral Health](#) (All other Counties) 775-400-0333 (24 hours)

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