

[Hepatitis A](#)

Sources	Raw or undercooked shellfish from contaminated waters, raw produce, contaminated drinking water, uncooked foods, and cooked foods that are not reheated after contact with an infected food handler.
Incubation period	28 days average (ranges from 15 to 50 days)
Symptoms	Diarrhea, dark urine or light-colored stools, jaundice, fever, fatigue, nausea, joint pain, stomach pain, upset stomach, and loss of appetite.
Duration of illness	Symptoms usually last less than 2 months, although some people can be ill for as long as 6 months.
What to do	See your doctor if you have signs or symptoms of hepatitis A or think you may have been exposed to the virus.
Prevention	• Avoid eating raw oysters or other raw or undercooked shellfish. • Wash hands frequently with soap and running water for at least 20 seconds, particularly after using the bathroom, after changing diapers, and before, during, and after preparing food. • Vaccination is the best way to prevent hepatitis A. Hepatitis A vaccination is recommended for: ◦ All children at age 1 year ◦ People with direct contact with others who have hepatitis A ◦ People with chronic or long-term liver disease ◦ People with clotting-factor disorders ◦ Travelers to countries where hepatitis A is common ◦ Men who have sexual encounters with other men ◦ People who use or inject drugs ◦ People experiencing homelessness

