

## Hepatitis A

<b>Name of disease</b>	Hepatitis A
<b>Overview</b>	<ul style="list-style-type: none"> <li>• Hepatitis A is a disease that infects the liver causing illness of varying severity from mild to severe.</li> <li>• Hepatitis A virus is transmitted by eating contaminated food and water, or by direct contact with the infected person</li> <li>• Almost all infected people recover from Hepatitis A and gain immunity for life, but it may cause the death in a small percentage due to sudden inflammation in the liver.</li> <li>• The risk of infection with hepatitis A is associated with a lack of safe drinking water and poor sanitation and hygiene (e.g. neglecting of hand hygiene).</li> <li>• There is a safe and effective vaccine to prevent hepatitis A.</li> </ul>
<b>Introduction</b>	A highly contagious disease, leading to the impaired liver function and the appearance of other symptoms. It is considered a limited disease that does not cause chronic symptoms.
<b>Causes</b>	Transmission of hepatitis A virus to the body.
<b>Transmission</b>	<p>The virus is transmitted in several ways:</p> <ul style="list-style-type: none"> <li>• Eating foods made by a person infected with the virus, who did not wash hands well after the use of toilets.</li> <li>• Drinking contaminated water.</li> <li>• Raw oysters extracted from water contaminated with wastewater.</li> <li>• Direct contact with the infected person, even if no symptoms are present.</li> <li>• Sexual relationship with a person infected with hepatitis A.</li> </ul>
<b>Symptoms</b>	<p>Symptoms appear in adults, but most children do not, ranging from mild to severe, include:</p> <ul style="list-style-type: none"> <li>• Yellowing of the skin and eyes (jaundice).</li> <li>• abdominal pain or discomfort, especially in the upper right where the liver is located.</li> <li>• dark urine.</li> <li>• nausea and vomiting.</li> <li>• Loss of appetite.</li> <li>• Joint pain.</li> <li>• Fever</li> </ul> <p>Not all symptoms must appear on the infected.</p>
<b>Diagnosis</b>	Lab tests
<b>Incubation period</b>	The incubation period of the virus inside the body and before the appearance of the disease



<b>Risk factors</b>	<ul style="list-style-type: none"><li>• Poor hygiene.</li><li>• Lack of clean water.</li><li>• Drug use.</li><li>• Living with an infected person.</li><li>• Sexual relationship with an infected person.</li><li>• Traveling to areas where the virus is most prevalent and unvaccinated</li></ul>
<b>Most vulnerable groups</b>	<ul style="list-style-type: none"><li>• Older people, who witness increased severity of symptoms and may be fatal.</li><li>• Travelers to areas where the virus is most prevalent.</li><li>• People with chronic liver disease.</li></ul>
<b>Complications</b>	Hepatitis (A) does not cause permanent liver damage and does not develop into chronic disease, unlike other types of Hepatitis, but in rare cases it may cause sudden loss of function, especially in the elderly and people with other diseases of the liver, and patients may suddenly suffer from liver failure that needs liver transplantation.
<b>Prevention</b>	Prevention of Hepatitis A can be prevented by following these guidelines: <ul style="list-style-type: none"><li>• Taking the vaccine (no vaccine for children under one year of age).</li><li>• Maintaining general hygiene, such as washing hands regularly with clean water.</li><li>• Providing adequate drinking water.</li><li>• Safe disposal of wastewater.</li></ul>
<b>Treatment</b>	There is no specific treatment for viral hepatitis A, and mild cases need no treatment. It is sufficient to get rest and balanced food and to compensate loss of fluids resulting from diarrhea and vomiting. There is no need for hospitalization if the person does not have severe liver failure. Recovery may be quite slow, and it may take several weeks or months, but the important thing is to avoid taking unnecessary medicines (such as acetaminophen, paracetamol, and antiemetic drugs). After recovery, the person will gain immunity against this disease for life.
<b>References</b>	<ul style="list-style-type: none"><li>- WHO <a href="http://www.who.int/en/">http://www.who.int/en/</a></li><li>- NHS <a href="http://www.nhs.uk/pages/home.aspx">http://www.nhs.uk/pages/home.aspx</a></li></ul>

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