

## **Hepatitis A Investigation – April 2017**

### **Frequently Asked Questions**

#### **What you should know about the current situation**

##### **How do I know if I'm at risk?**

You are at risk for hepatitis A infection if you have not been vaccinated against or had hepatitis A **AND** you ate or drank at the Cup & Saucer Cafe:

- North location at 8237 N. Denver Ave., Portland, between February 22nd and March 29th
  - If you ate or drank here from March 22 through March 29 you may still be in the time frame to get preventive care - usually a vaccine, depending on your age. Preventive care may be effective up to two weeks after your last visit to this location.
  - If you ate or drank here from February 22 through March 21 you are past the time frame for preventive care. However, symptoms of Hepatitis A (see below) can occur up to 50 days after your last visit to this location. If you develop any of the symptoms described below, contact your health care provider, tell them your symptoms, and let them know you might have been exposed to Hepatitis A.
- Southeast location at 3566 SE Hawthorne Blvd., Portland, on March 22nd or March 25th
  - If you ate or drank here on these dates you might still be in the time frame to get preventive care - usually vaccine, though that depends on your age. Preventive care may be effective up to two weeks after your visit to this location.

The Northeast location at 3000 NE Killingsworth is not affected.

##### **What do I do if I'm at risk?**

If you have been vaccinated for hepatitis A or have had hepatitis A illness in the past, your body will fight off any infection. You should be protected.

If it has been less than 2 weeks from the date you ate or drank at either of the two Cup & Saucer Cafe locations (listed above), AND you have not been vaccinated or had the hepatitis disease, we recommend the following:

- If you are between the ages of 1 to 40 years old, you should get a single-antigen Hepatitis A vaccine. There is a child dose for those from age 1 to 18 and an adult dose for those 19 and older.
- If you are older than 40 years of age, you may receive single-antigen hepatitis A vaccine or immune globulin, depending on the recommendation of your provider.
- If you have a child under 1 year old, they should receive immune globulin.
- If you have an impaired immune system or cannot receive the vaccine for medical reasons, you may be offered immune globulin.

**What if I do not have a health care provider?**

Some local pharmacies may carry the single-antibody hepatitis A vaccine. You can call your local pharmacy directly to find out if they have it and what it costs. More information about other places to get the vaccine will be posted on the Multco.us website as they become available.

Also, Multnomah County Health Department Communicable Disease Services Immunizations Clinic will be offering walk-in clinic hours at our downtown location, at 426 SW Stark Street (Portland). Clinic hours are:

- Wednesday, April 5th through Friday, April 7th, 9:00AM - 4:00PM each day
- Saturday, April 8th, 10:00AM - 2:00PM
- Monday, April 10th through Wednesday, April 12th, 9:00AM - 4:00PM each day

**What about my child who is younger than 12 months of age?**

If your child who is younger than 12 months of age ate or drank at the Cup & Saucer Cafe on the above dates, please discuss follow up care with their health care provider. Usually, we recommend that children under one year old receive immune globulin as preventive treatment for hepatitis A.

**Can I receive hepatitis A vaccine if I am pregnant?**

The safety of hepatitis A vaccination during pregnancy is not fully known. Please discuss the pros and cons of vaccination with your provider.

**What if I'm not sure if I've received the vaccine before?**

We recommend first checking with your provider to see if they have a record of your vaccination history. If you aren't able to get your records, it is not harmful to receive extra doses of vaccine. It would be better to receive additional vaccine than none at all, if you are not sure if you have been vaccinated in the past. If you have other concerns, call the Multnomah County Communicable Disease Services hotline at 503-988-4454. Messages left on the hotline will be returned within one business day.

**Other information about hepatitis A and preventive treatment****If I get sick from hepatitis A, how will I know?**

Most of the time, the sickness of hepatitis A starts quickly. If you become sick, you may get

- Fever
- Tiredness
- Lack of appetite
- Nausea
- Vomiting or diarrhea
- Belly pain

A few days after these symptoms happen, the skin and sometimes the whites of eyes can become yellow, urine may become dark, and stools may become pale.

Sometimes people have no symptoms and sometimes the symptoms can be fairly severe. The older you are, the more likely you are to have symptoms (80-90% of adults show symptoms). Children younger than 6 usually have few or no symptoms, but can still pass the disease to others.

If you think you might be sick from hepatitis A, it is important you see your healthcare provider to be sure that is what is making you sick.

### **How is hepatitis A passed from person to person (transmitted)?**

Hepatitis A is spread very easily. People become infected by swallowing the virus, which is present in the feces of an ill person. It can spread from person to person by poor handwashing after using the toilet or changing diapers; or by eating food prepared by an infected person. It can also be passed by sexual contact. Hepatitis A is not spread by saliva.

A person can spread the disease without realizing it, for up to two weeks before they get sick. People can be infected by as few as 10 tiny virus particles.

### **How long can someone with hepatitis A infect other people?**

Hepatitis A can be passed to other people starting about 2 weeks before symptoms develop. It can continue to be passed to other people for 2 weeks after symptoms begin.

### **How long does hepatitis A stay in the body?**

After infection with hepatitis A, symptoms do not show up for at least 15 days and sometimes do not show up for as long as 50 days. The average time before symptoms show up is 30 days.

### **If I get sick or think I might be infected, should I go to work or school?**

If you become sick or think you are infected, you should **not** go to work or other public places including school, day-care, food serving or preparation work, or healthcare work.

### **If I get sick or think I might be infected, how long should I stay out of work or school?**

This depends on how long you have been sick and what kind of work you do. If you think you might have hepatitis A, it is important you see your healthcare provider to make sure that is what is making you sick. Be sure to discuss with them how long to stay home and away from public places. In general, be aware of your employer's policy on sick leave and follow it.

### **If I have had hepatitis A before, can I get it again?**

If you have been sick with hepatitis A in the past, your body has made antibodies against it which give you lifelong protection. This means that you cannot get sick again from hepatitis A.

### **Where can I find additional information about hepatitis A, the vaccine, and other preventive treatment?**

<https://www.cdc.gov/hepatitis/hav/afaq.htm>