



Since 2016, hepatitis A outbreaks continue to spread across the United States through person-to-person contact. While hepatitis A can affect anyone, some people are at higher risk of getting hepatitis A infection in these outbreaks. To help stop the spread, people at higher risk should be offered the hepatitis A vaccine.

About Hepatitis A

Hepatitis A is a liver infection caused by the hepatitis A virus. It spreads easily among unvaccinated people and can make you sick for a few weeks or up to six months. The virus is in the poop of someone who has it and it is spread by sharing food or drinks or having close personal contact (like having sex) with someone who has hepatitis A.

Prevention

People can take two important steps to prevent hepatitis A:

1. **Get vaccinated.** Hepatitis A is preventable with a single dose of vaccine.
2. **Wash hands** after using the restroom, before eating and before making food.

Vaccination

Anyone who wants the hepatitis A vaccine can get it. Some people are at higher risk of getting hepatitis A infection or getting seriously ill from it, and should be offered the hepatitis A vaccine:

- People who use drugs (injection or non-injection)
- People experiencing unstable housing or homelessness
- Men who have sex with men
- People who are currently or were recently incarcerated
- People with chronic liver disease, including cirrhosis, hepatitis B, or hepatitis C

For more information, visit healthvermont.gov/hepatitisA.