

PROTECT YOURSELF AGAINST HEPATITIS A

Hepatitis A is a serious liver disease:

- It is easily passed from person to person.
- Anyone can get hepatitis A.
- Wash your hands with soap and water:
 - after using the bathroom or changing diapers
 - before eating and preparing food
- The best way to protect against hepatitis A is to get the hepatitis A vaccine. Talk to your healthcare provider about getting vaccinated. If you need help paying for vaccines, your local health department may have the vaccine available for little or no cost.



WASH YOUR HANDS

***Alcohol-based hand sanitizers are not effective against the hepatitis A virus.**

1. Wet your hands with clean, running warm water and apply soap.

2. Lather your hands by rubbing them together with the soap.

Be sure to lather the backs of your hands, between your fingers, and under your nails.

3. Scrub your hands for at least 20 seconds.

4. Rinse your hands well under clean, running warm water.

5. Dry your hands using a clean towel or air dry them.



SHIAWASSEE COUNTY
HEALTH DEPARTMENT
Promoting Wellness. Protecting Health.

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