

Hepatitis A



An Easy Read Booklet

Hepatitis



Hepatitis is inflammation of the liver caused by different viruses

The main differences between hepatitis A, B, and C are how you get them and how they make you feel.



You may not show any signs or symptoms of hepatitis.

How you can get Hepatitis A



In any country where hygiene and sewage treatment standards are poor.



From food not cooked properly, or eating raw food from people with poor personal hygiene.



From salads and fruit washed in dirty (contaminated) water.



From having sex which involves oral/anal contact.

How you can protect yourself from Hepatitis A



Having a jag (vaccinated) against Hepatitis A.



Do not eat food which is not cooked properly. Avoid shellfish, raw salads, fruit, tap water, ice cubes and unpasteurised milk in high risk countries.

Where to go for information



www.lanarkshiresexualhealth.org



Lanarkshire HIV, AIDS and
Hepatitis Centre

01236 712247



Where to go for testing

Your own doctor (GP)



Lanarkshire GUM (Genitourinary
medicine) and sexual health service

0845 618 7191



To get free condoms go to:

The doctor (GP), clinic or chemist

Or call **0300 303 0243** for your
nearest centre.

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