

WHAT IS HEPATITIS E?



Hepatitis E is a generally mild and self limiting, viral infection of the liver.

How did I get it ?

From any of the following sources:

- From consuming contaminated food or water
- Foodborne transmission from eating products derived from infected animals
- Consuming raw or uncooked shellfish
- From swimming in contaminated water
- Person to person spread is rare

When did I get it ?

The illness usually occurs within 15 - 60 days of infection, may be infectious for up to two weeks after their symptoms appear.

What are the signs and symptoms ?

- Fatigue
- Abdominal pain Fever
- Nausea and vomiting
- Diarrhoea
- Dark coloured urine
- Pale Faeces
- Jaundiced in some cases

How do I stop it spreading ?

- Wash hands thoroughly after going to the toilet, after changing baby's nappies and before preparing meals or eating
- Young children with the infection should have their hands washed for them or be supervised
- Thoroughly wash all crockery between uses
- Disinfect all areas in the toilet daily (including door handles)
- Infected persons should stay away from work until vomiting and diarrhoea have ceased
- If the infected person is a food handler, works as a health carer / nurse or is a child attending school or a nursery etc. further advice should be obtained.
- Read the accompanying leaflet for further guidance.

Where can I get more advice ?

- Your own General Medical Practitioner or a health specialist will be able to advise upon individual patient health care.
- You should inform your place of work or in the case of children, the head teacher of the school to find out if exclusion is necessary and when you can return.
- The investigating officer will also provide you with a more general leaflet on infection control and may be contacted on the number below for further advice if it is required.



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