

# Help Stop the Spread of Hepatitis A

Hepatitis A is spreading in Michigan. Hepatitis A is a serious liver disease that can easily be passed from person to person. Anyone can get hepatitis A. It spreads when people do not wash their hands before making food and drinks. It also spreads through close contact with people who have hepatitis A. Washing your hands with soap and warm water after using the bathroom, changing a diaper, or before making food and drinks can help stop the spread of hepatitis A.



## Wash Your Hands

- 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.

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

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 vaccine available for little or no cost.