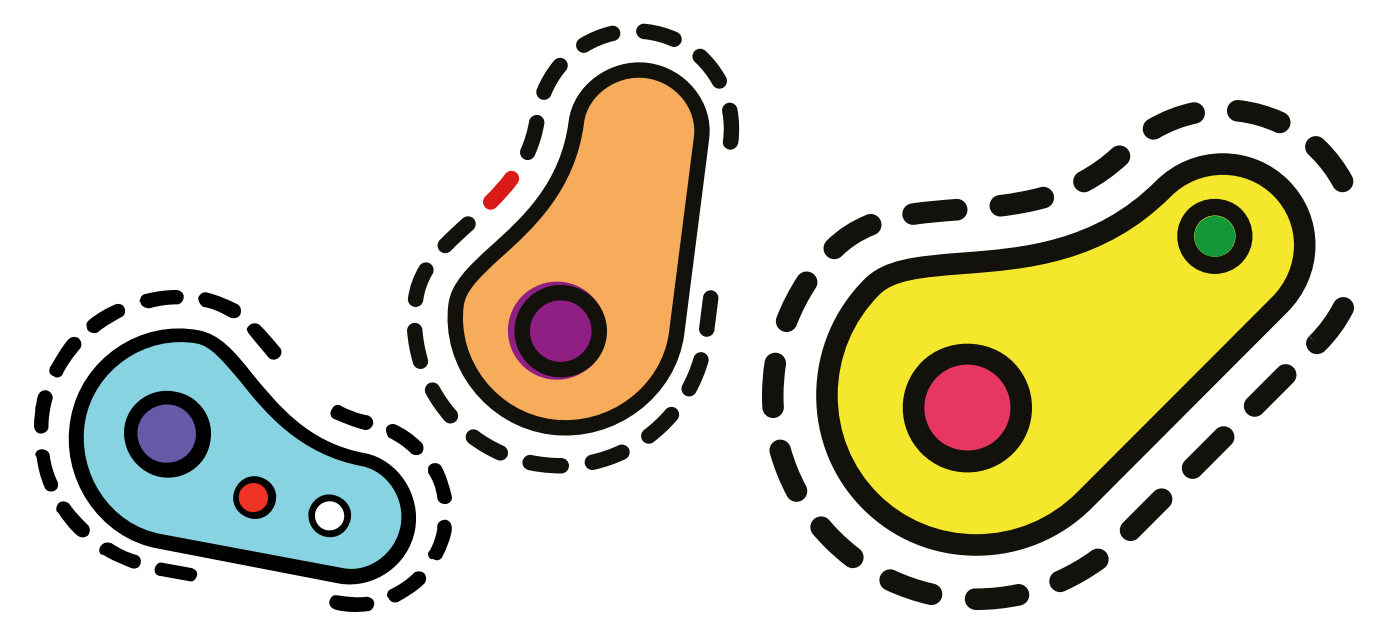


# HEPATITIS A



## WHAT IS HEP A?

It's a disease that affects the liver and can be spread through food and drinks. Food handlers aren't more likely to get hepatitis A, but they are at a higher risk of spreading it to others.

## HOW DOES IT SPREAD?

Usually when a person ingests fecal matter - even in small amounts - from contact with objects, food, or drinks contaminated with feces from an infected person.

## WHAT CAN YOU DO?

- **Get the hepatitis A vaccination**

It's safe, effective and available at Mesa County Public Health  
510 29 1/2 Rd, Grand Junction, CO (970) 248-6900

- **Practice good hand-washing**

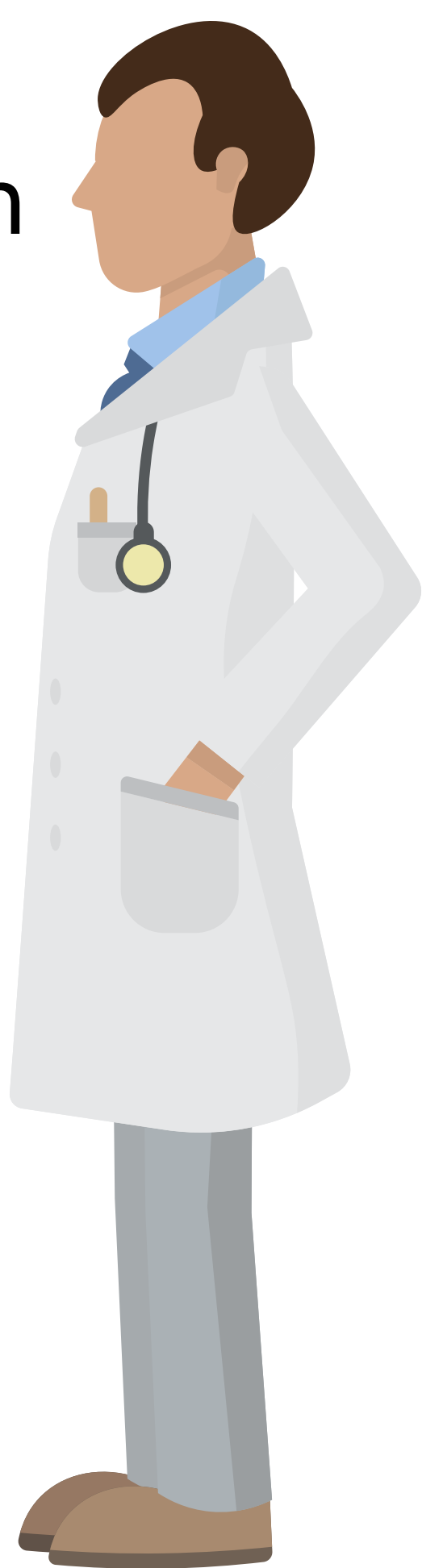
especially after using the restroom.

- **Never work while you're ill**

or have nausea, vomiting, abdominal cramps or diarrhea.

- **No bare hand contact**

Wear gloves when handling or preparing ready-to-eat foods.



**Protect yourself.  
Protect your business.  
Protect your customers.**



**MESA COUNTY  
PUBLIC HEALTH**  
*Working Together for a Healthy Community*