



the spread of Hepatitis A

Hepatitis A is spreading in Illinois. 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
- 6. USE** a paper towel to turn off the water

*Alcohol based sanitizers are not as effective

The best way to protect against hepatitis A is to get the hepatitis A vaccine. Talk to your health care provider about getting vaccinated.