Spread by poor food hygiene, unsafe water and lack of sanitation

The risk is higher in rural areas of developing countries but you can catch it anywhere

WAYS TO PROTECT YOURSELF

1. Talk to your healthcare provider about the hepatitis A vaccine
2. Cook food well and eat it while it’s hot. Avoid raw shellfish and raw meat
3. ALWAYS wash your hands with soap and water after using the toilet, changing a baby’s nappy and before preparing food and eating
4. Peel fruit and vegetables, wash salads in clean water
5. Only drink safe water

An estimated 20 MILLION people are infected with hepatitis E and 1.4 MILLION with hepatitis A every year.