



Prevention of Hepatitis A

Routes of Transmission :

- The faecal-oral route, including contacting objects or ingesting food or water that has been contaminated with the faeces of an infected person.
- Through close physical contact with an infectious person, including sexual contact. Hepatitis A outbreaks among men who have sex with men have been reported.

Preventive Measures :

1. Maintain good personal hygiene

- Perform hand hygiene frequently, especially before eating or handling food, and after using the toilet or handling vomitus or faecal matter.
- Wash hands with liquid soap and water.

* As alcohol does not effectively kill HAV, alcohol-based handrub should not substitute hand hygiene with liquid soap and water.

2. Maintain good environmental hygiene

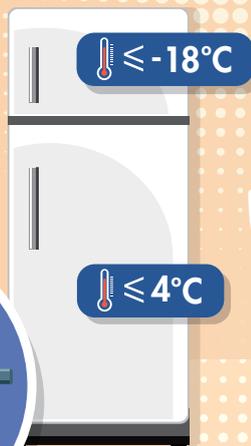
- Regularly clean and disinfect frequently touched surfaces with 1:99 diluted household bleach.
- For metallic surface, disinfect with 70% alcohol.



3. Maintain good food hygiene

Adopt the 5 Keys to Food Safety in handling food

- Choose safe food
- Keep hands and utensils clean
- Separate raw and cooked food
- Cook food thoroughly
- Keep food at safe temperature



4. Hepatitis A vaccination

Hepatitis A vaccination is a safe and effective means to prevent the infection. According to the Scientific Committee on Vaccine Preventable Diseases, Centre for Health Protection, the following groups are recommended to have hepatitis A vaccination:

- Travellers to endemic areas of hepatitis A
- Persons with clotting factor disorders receiving plasma-derived replacement clotting factors
- Persons with chronic liver disease
- Men who have sex with men

