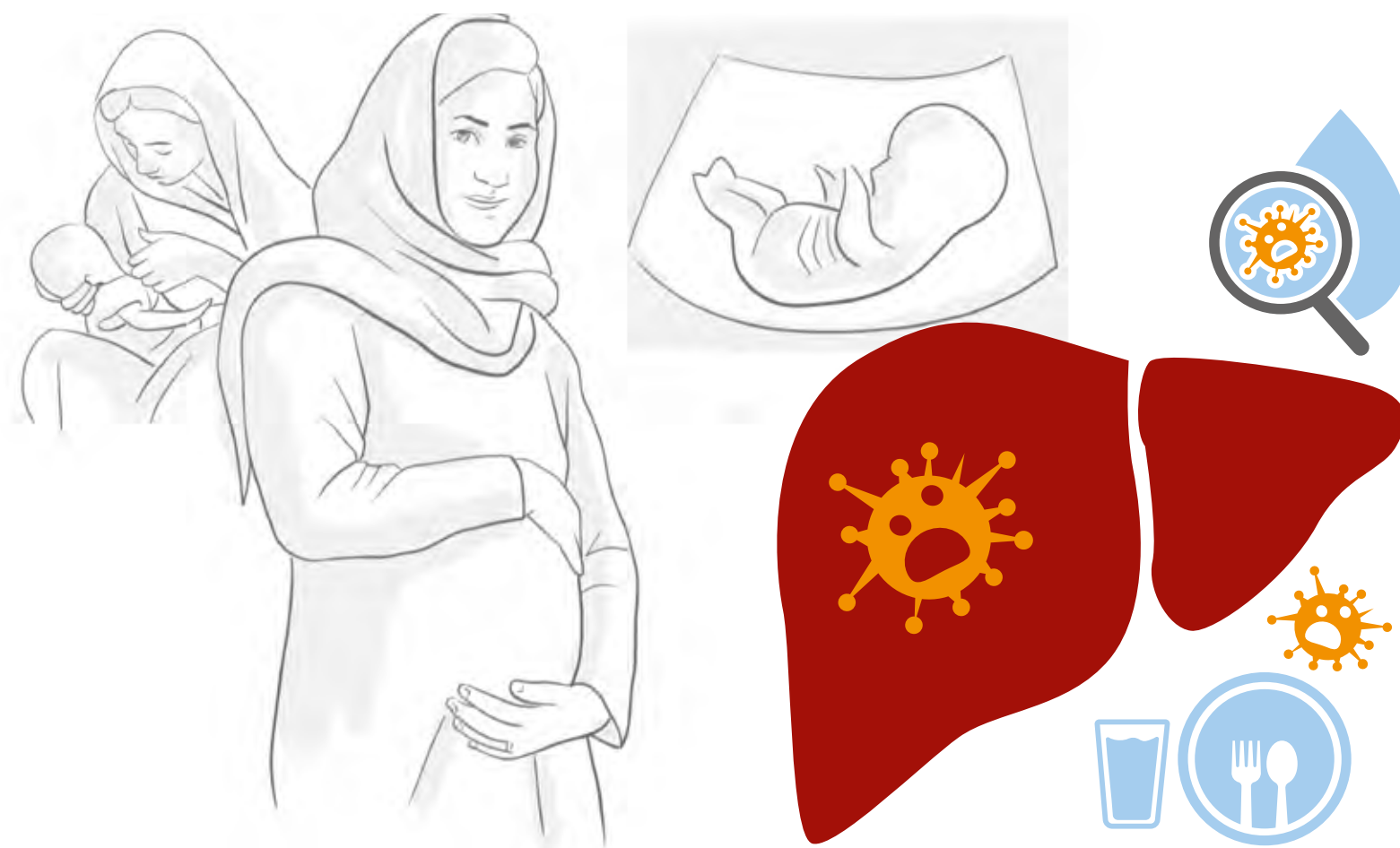


Hepatitis E

Information for pregnant women

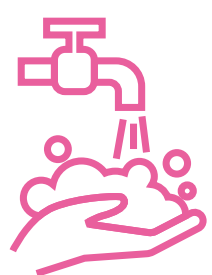
Sources of infection

Foodborne and waterborne, transmitted through ingesting contaminated food and drink.



Types of exposure & prevention

Hepatitis E is transmitted by ingesting contaminated food or drink or through direct contact with an infected person. Pregnant women are at increased risk, particularly during the second and third trimester. Prevent hepatitis E by:



Ensuring hand hygiene and sanitation



Washing hands before touching food and after using the toilet



Only drinking clean and boiled water



Eating clean food, ideally homemade which is thoroughly cooked



Avoiding open defecation. Use toilets that are clean and have water and soap

Symptoms



Jaundice

(yellowing of the skin and whites of eyes)



Dark urine



Fatigue



Nausea



Vomiting



Abdominal pain



Malaise



Clay-coloured stool



Hepatitis E causes severe liver disease in pregnant women that can lead to:

- acute liver failure;
- fetal loss; and
- mortality.

Actions to take in case of symptoms:



Seek medical advice immediately. Fatality rates for pregnant women in their third trimester are high.



World Health Organization

REGIONAL OFFICE FOR THE Eastern Mediterranean