

Hepatitis E

Information for health workers

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. Health care workers should take extra care during an epidemic. Prevention measures include:



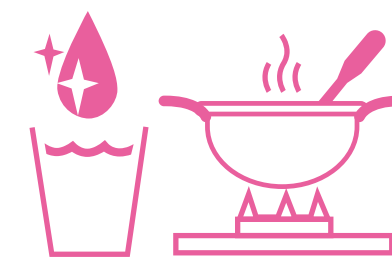
Wearing personal protective equipment



Implementing good infection prevention and control measures



Washing hands before touching food and after using the toilet



Ensuring food and drink is uncontaminated

Symptoms



Jaundice
(yellowing of the skin and whites of eyes)



Dark urine



Fatigue



Nausea



Vomiting



Abdominal pain



Malaise



Clay-coloured stool

Actions to take in case of symptoms:



Seek medical advice immediately. Inform your supervisor and rest at home until you are fully recovered.