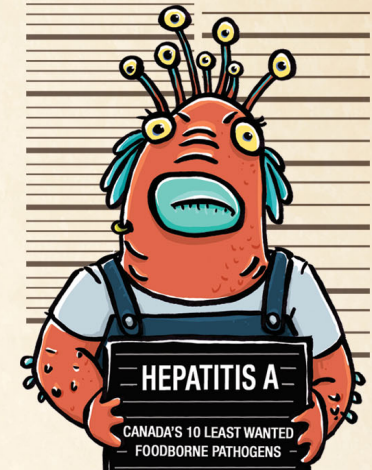


CANADA'S 10 LEAST WANTED FOODBORNE PATHOGENS

PATHOGEN:

HEPATITIS A

VIRUS



SYMPTOMS	START OF SYMPTOMS / HOW LONG THEY LAST	HOW YOU CAN GET SICK	POTENTIAL HEALTH IMPACTS	FOOD COMMONLY ASSOCIATED	HOW TO PROTECT YOURSELF
<p>Fever</p> <p>Loss of appetite</p> <p>Stomach cramps</p> <p>Jaundice appears several days after the start of symptoms</p> <p>Children often do not show symptoms of the disease</p>	<p>Symptoms usually start within 2 to 7 weeks after exposure to the virus.</p> <p>Symptoms are usually mild and last 1 to 2 weeks.</p> <p>Severe cases can last several months.</p>	<p>By eating or drinking food or beverages contaminated with hepatitis A through</p> <ul style="list-style-type: none"> • a contaminated food handler • hands that were not washed properly after using the washroom • contaminated water during harvest, manufacturing, etc. <p>Direct person-to-person contact, including the physical care (diapering) of people carrying the virus</p> <p>A person may carry the virus without showing symptoms, but they can spread it to other people, food and surfaces.</p>	<p>10 to 15 percent of people who do not show symptoms can still carry the disease for up to 6 months.</p> <p>Hepatitis A does not become chronic. If you are immune to it (if you are protected against infection because you got vaccinated or because your body already has a resistance to the virus), this will last your entire life.</p> <p>It is rare for healthy adults to die from this virus.</p>	<p>Contaminated water</p> <p>Raw or undercooked shellfish</p> <p>Fresh fruit and vegetables</p>	<p>Wash your hands after using the washroom and changing diapers, and before preparing or eating food.</p> <p>Speak with your doctor about getting a hepatitis A vaccination before travelling.</p> <p>When travelling</p> <ul style="list-style-type: none"> • drink water from a safe supply (commercially bottled carbonated water or boiled water) • avoid ice cubes in drinks • eat only freshly cooked food • avoid non-peelable raw fruit or vegetables unless well-washed. <p>If you think that you have been exposed to the virus, see your doctor immediately. Vaccination can prevent the onset of symptoms if given within 2 weeks of exposure.</p>