

Vaccination against Hepatitis A

Several Hepatitis A vaccines are available for travellers intending to visit endemic areas. Hepatitis vaccinations are available alone or as combination vaccinations with Hepatitis B or typhoid.

Vaccine Schedule:

The full Hepatitis A vaccination course consists of two vaccinations which would be administered by your Evans Pharmacist in to the muscle of the upper arm.

The first vaccination dose protects you for one year, after this a second vaccination dose, which is to be administered 6 months to one year after the first, will then increase your protection from one year to a period of 25 years.

Hepatitis A Vaccination Summary

Number of Vaccinations in the course	Dose intervals	Years of protection
2 Vaccinations	1 st - Day 0 2 nd - 6-12 months later	After 1 st - 1 year After 2 nd - 25 years Booster required after 25 years

Visit your local Evans Pharmacy to speak to our travel experts and book your vaccination



Travel Information

Hepatitis A

All you need to know about the disease, areas at risk, disease prevention and vaccination



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What is Hepatitis A?

Hepatitis A is infection and inflammation of the liver caused by the hepatitis A virus. It is spread through contaminated water and food, especially shellfish or through person to person contact where personal hygiene is poor (faecal-oral route).

Where could I be at risk of contracting Hepatitis A?

Areas with high levels of infection include countries that may have relatively poor sanitary conditions and hygiene practices. These areas include: the Indian subcontinent, Sub-Saharan and North Africa, parts of the Far East, South and Central America, and the Middle East.



Who is at risk of contracting Hepatitis A?

- Those visiting/ living with the local population
- Those who are staying for long periods of time in areas with poor sanitation/ hygiene
- Those with existing medical conditions such as liver disease or haemophilia
- Those exposed to viruses through work
- Those going to areas of hepatitis A outbreaks who have limited access to safe water and medical care
- Men who have sex with men
- People who inject drugs

What are the symptoms of Hepatitis A?

The disease becomes more serious with age, with symptoms often mild or absent in young children. Recovery can vary from weeks to months. Symptoms may include: fever, loss of appetite, jaundice (yellowing of the eyes and skin), malaise and nausea. Following infection with the Hepatitis A virus immunity is lifelong.

Recommendations for travellers

Vaccination is recommended if you are visiting areas where drinking water may be unsafe and hygiene/ sanitation is poor. Prevention is focused on ensuring that food and water are safe. Avoidance of foods such as shellfish, salads, unwashed fruit and vegetables and raw or undercooked meat products are essential. Good personal hygiene is also very important. Individuals should ensure that they wash their hands prior to eating and after using the bathroom.

Food and water precautions:

- Boil water or drink bottled water (ideally fizzy) and check the seal is intact
- Avoid ice in drinks
- Clean teeth with bottled water or treated water
- Eat freshly cooked hot food
- Peel fruit and veg and wash in bottled water
- Avoid re-heating food and food that has been left standing- street vendor food can be risky if not cooked fresh

Information sources: Travelhealthpro.org.uk, fitfortravel.nhs.uk, MASTA

