



# Public Health Advisory

## Prevention of Hepatitis A in Chesterfield Inlet

January 25, 2019

Chesterfield Inlet, NU

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The Department of Health is advising residents of Chesterfield Inlet to take extra precaution and help prevent the spread of Hepatitis A. Hepatitis A can range in severity from a mild illness lasting a few weeks to a severe illness lasting several months. You can get the Hepatitis A virus by eating contaminated food, drinking contaminated water or through contact with an infected person's feces (stool).

People infected with Hepatitis A can have a wide range of symptoms. Some do not get sick at all, though they can still spread the infection to others. A person may begin showing signs or symptoms two to seven weeks after being infected with the virus. Symptoms can include:

Fever;

- Loss of appetite;
- Stomach cramps;
- Jaundice (yellowing of the skin and eyes);
- Dark urine; and/or
- Fatigue.

Please take the following steps to help prevent the spread of Hepatitis A:

- Wash your hands after using the washroom and changing diapers, and before preparing or eating food; and
- If you think that you have been exposed to the Hepatitis A virus, or any other gastrointestinal illness, do not prepare food or pour water for other people.

If you or someone in your household is showing signs or symptoms of Hepatitis A please go to your health centre or contact a health care provider immediately.

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