

Mayo Clinic Minute
Hepatitis A in the U.S.

Video	Audio
Vivien Williams VO: Water and food to liver image	Water and food contaminated with feces: That’s how the hepatitis A virus spreads, causing infection and inflammation of the liver.
Stacey Rizza, M.D. (0:23) Infectious Diseases Mayo Clinic	“It tends to be something that somebody eats or puts into their mouth with their hands, and then develops symptoms. It is a self-limited infection in contrast to some other viral hepatitis, meaning you get very sick, but you eventually clear the infection without treatment because, unfortunately, there is no treatment for hepatitis A.”
Vivien Williams	Dr. Stacey Rizza says symptoms include nausea, vomiting, stomach aches, diarrhea and jaundice, which cause your eyes and even skin to look yellow. Certain groups of people have a higher risk.
Stacey Rizza, M.D. (1:14)	“In people who live in homeless facilities, or who are on the street or associating with a bunch of people who are in those areas, hygiene is not always good. So it’s easy to transmit the infection amongst a group who may be in close contact.”
Vivien Williams VO: IV drugs to hand-washing to vaccination	IV drug users could be at risk if they lick needles before use. You can cut your risk of getting hepatitis A with good hygiene, hand-washing and the hepatitis A vaccination.
	For the Mayo Clinic News network, I’m Vivien Williams.